

# **NordicTrack<sup>®</sup>** *Ski Exerciser*



## **Owner's Guide**

*Assembly, Operating Instructions and Exercise Programs*

# Welcome to NordicTrack

If looking great, feeling your best and maintaining superior fitness inside and out is important to you — you've come to the right place. Today, more than ever, aerobic exercise is your key to enjoying life. Over the past 20 years, NordicTrack has helped more than three million people achieve their personal fitness goals such as weight management, stress reduction, increased muscle tone, strength and flexibility, improved cardiovascular fitness and much more! In short, cross-country skiing is an aerobic exercise that can't be beat.

## Get Ready to Experience the Ultimate in Exercise Equipment

Only NordicTrack® ski exercisers successfully simulate the smooth, total-body motion of cross-country skiing. The NordicTrack ski exerciser achieves this through its superior features: our legendary patented flywheel and one-way clutch mechanism, solid wood skis, hard rubber rollers and the quality workmanship that goes into every machine. And the independently adjustable upper- and lower-body exercisers let you tailor your workouts to suit your fitness goals.

## Become More Fit With Less Work

Just like cross-country skiing, NordicTrack ski exercisers work all of your major muscle groups in a smooth, natural way. As you kick and glide along, you'll notice something far different from other exercisers; there's none of the pounding and jarring that is so common with other exercisers. The non-jarring motion is gentle on your knees, back, hips, ankles and even your feet. With less stress on your body, no long recovery period is needed between workouts. You become more fit, without exerting more effort. NordicTrack completely conditions your entire body, in your own home, in just 20 minutes, three times a week. And if you want to lose weight, a NordicTrack ski exerciser is the perfect solution! It's an incredibly effective way to lose fat, pounds and inches.

## Only NordicTrack Ensures Your Complete Satisfaction

We are confident that the NordicTrack ski exerciser you have received is of the highest quality — 20 years of our world-famous fitness technology are built into your ski exerciser. And we'll stand behind that! NordicTrack is proud to offer a Two-Year Limited Warranty on all parts that may prove to be defective in material or workmanship. Please see page 52 for additional information on the guarantee.

Along with the Two-Year Limited Warranty, NordicTrack ensures your complete satisfaction with the 30-day in-home trial and unlimited lifetime access to our Customer Service Hotline.

1. **30-Day In-Home Trial.** You experience all of the benefits of a NordicTrack ski exerciser for yourself in the convenience of your own home. If you decide NordicTrack is not for you, simply return it for a refund of your purchase price, less the initial shipping and handling charge; you are also responsible for the return shipping charge. See your invoice for further details.
2. **Unlimited lifetime access to our Customer Service Hotline.** Our knowledgeable Customer Service Department Representatives can answer any of your questions about your ski exerciser, offer workout advice and help you design an exercise program that's just right for you. Just call the toll-free phone number printed on your invoice.

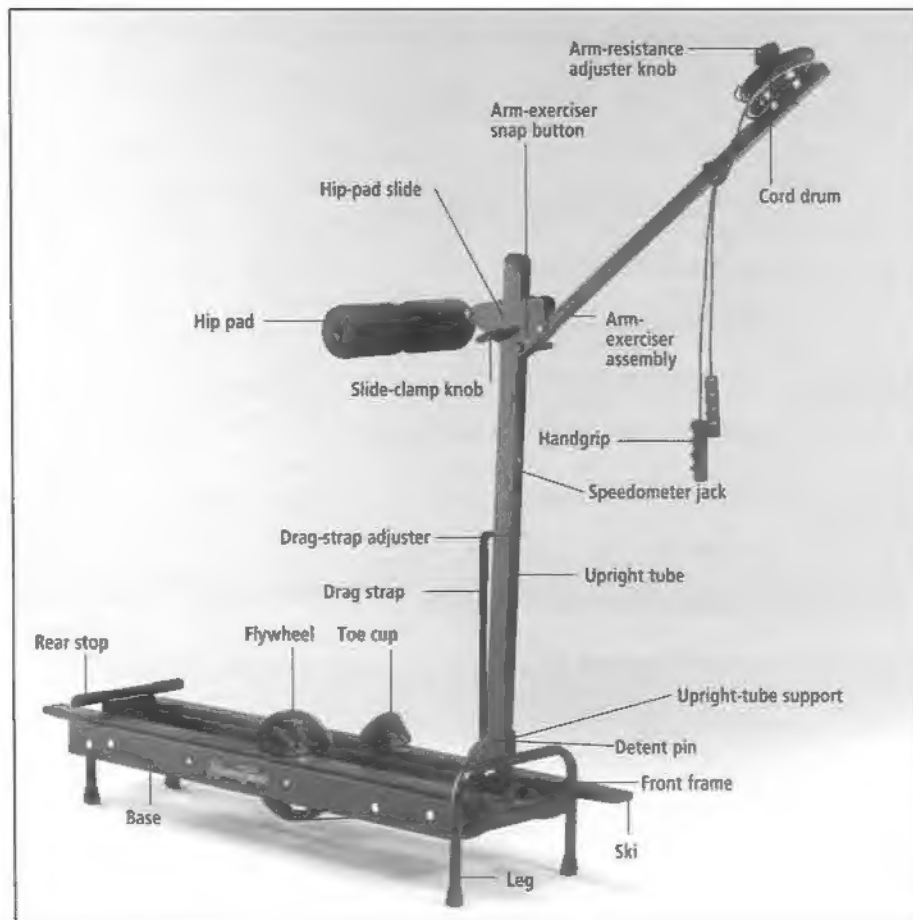
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*The following pages contain important information that will help you maximize your workouts with your NordicTrack ski exerciser. Be sure to read this Owner's Guide thoroughly before attempting to use your ski exerciser.*

**Please peel the backing from your invoice and attach it to the inside back cover of this manual. The Customer Service Department toll-free phone number is found on the invoice, as well as other important information. Refer to your invoice if you need to call a Customer Service Department Representative.**

# The NordicTrack Challenger



## The Challenger™

- Legendary patented flywheel and one-way clutch mechanism offer the most accurate simulation of cross-country skiing
- Select hard pine and reinforced steel are combined to produce a high-quality, low-maintenance ski exerciser
- Black varnish finish for a contemporary look
- Numbered lower-body and adjustable upper-body resistance settings let you tailor your workout to your health and fitness needs
- Molded foam hip pad supports your body and allows for full leg motion
- Folds for convenient storage (17" x 15" x 53")

## Unpack Your Ski Exerciser

First, we suggest that you unpack your NordicTrack® ski exerciser where you intend to use it; please retain all packing material for the duration of your in-home trial period. Then, place your exerciser on a flat surface, with a protective covering between the exerciser and your flooring or carpet.

**NOTE:** *There should be a 1/2-inch clearance between the flywheel and the floor. When the ski exerciser is on carpet, the flywheel may touch and damage the carpet surface. If so, move it to a flatter or uncarpeted surface.*

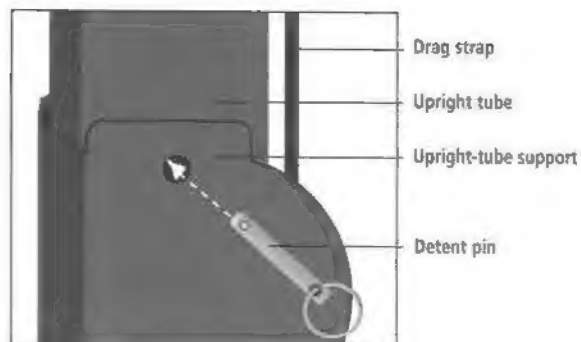
## Parts List:

- 1 NordicTrack ski exerciser
- 2 Skis
- 1 Electronics package (optional)

## Raise the Upright Tube

1. Remove the plastic washer from the end of the detent pin that is inserted in the upright-tube support. You may discard the washer; it is only needed for shipping and will not be reattached.
2. Remove the detent pin from the upright-tube support.
3. Lift the arm-exerciser assembly up slightly so it does not catch on the front frame as you raise the upright tube.
4. Lift the upright tube until the holes at the bottom of the upright tube are aligned with the holes in the upright-tube support.
5. Insert the detent pin through the holes; the ball bearing of the pin should be in the twelve o'clock position. Be sure the end of the pin extends completely through the holes on the other side.

**NOTE:** *There may be some movement to the upright tube.*



## Position the Arm-Exerciser Assembly and the Hip Pad

1. Lift the arm-exerciser assembly into position. The snap buttons will lock into place to secure it. Be sure the snap buttons are fully extended and locked into position on both sides of the hip-pad slide.



2. Pivot the hip pad down as far as it will go.
3. Loosen the slide-clamp knobs on each side of the hip-pad slide.
4. Move the hip-pad slide to the desired position. The hip pad should rest at hip level, about one inch below your navel. The hip pad should be high enough so it does not restrict leg movement and low enough so it does not press against your abdomen. The height of the hip pad can be readjusted when you are ready to exercise.
5. Tighten the slide-clamp knobs to hold the hip pad in position. Make sure both knobs are secure.

## Fine-Tune the Leg Resistance

The leg resistance has been preset at our factory. Perform the following steps to fine-tune it.

1. Stand next to the ski exerciser.
2. Set the drag-strap adjuster at "1."
3. Vary the amount of drag strap threaded through the drag-strap adjuster until the drag strap is taut and the spring on the underside of the ski exerciser begins to expand.



*NOTE: Adjust the resistance to the appropriate level when you are ready to exercise.*

## Important

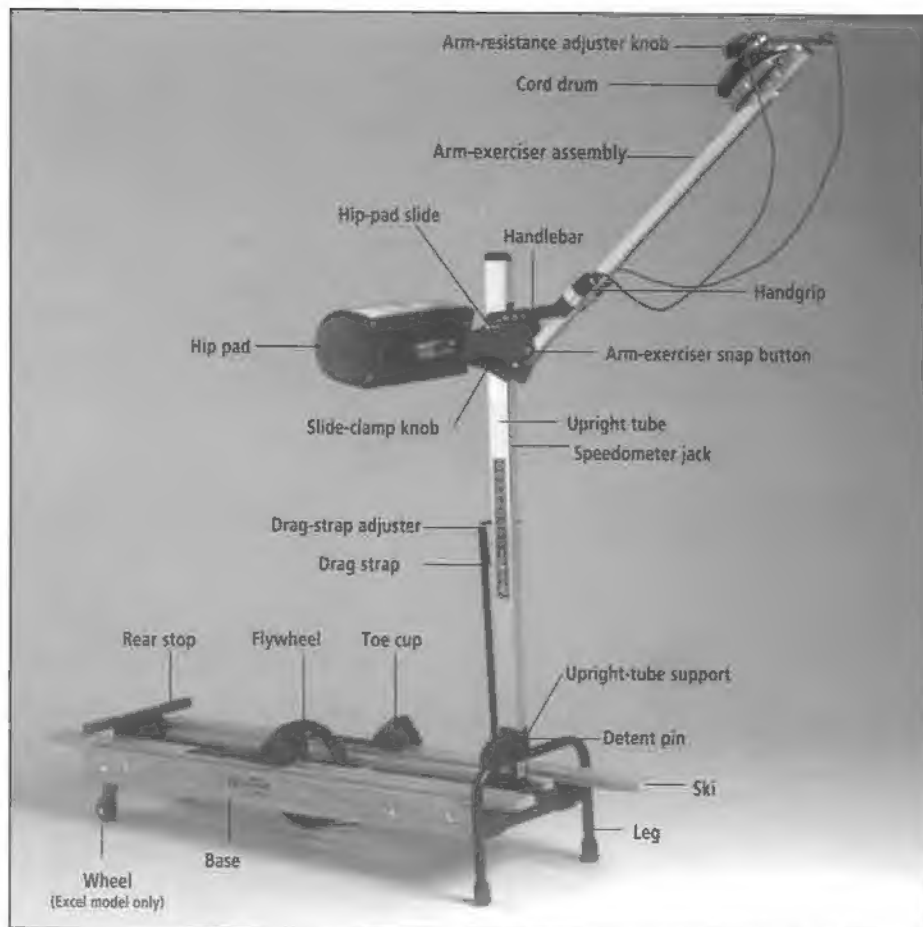
- Check to be sure the detent pin and the snap buttons are completely extended on each side of the frame.
- The glide buttons built into the sides of the skis are designed to wear down and leave a light coating on the sides of the wood. These buttons do not need to be replaced. See maintenance tips on page 42, "Care for the Wood."
- If you received electronics, please refer to the instructions within the electronics package for installation and operating directions.
- Always stand next to (not on) the ski exerciser to make any adjustments while assembling it.

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

**CAUTION:** Keep small children and pets away from the moving parts of the ski exerciser when it is in use.

**IMPORTANT:** Before you attempt to use the ski exerciser, please turn to page 24 to read how to operate and make adjustments to your ski exerciser.

# The NordicTrack Sequoia, Designer and Excel



*Excel model shown*

## The Sequoia™ and Designer™

- Hard pine and black reinforced steel are combined to produce a high-quality, low-maintenance exerciser

## The Excel™

- Solid oak and steel construction are combined for a high-quality, low-maintenance exerciser
- Clear varnish for a natural, finished look
- Handy rear wheels for easy transport

## Features:

- Legendary patented flywheel and one-way clutch mechanism offer the most accurate simulation of cross-country skiing
- Numbered lower-body and adjustable upper-body resistance settings let you tailor your workout to your health and fitness needs
- Adjustable vinyl hip pad supports your body and allows full leg motion
- Convenient handlebar support allows you to concentrate on your lower-body workout
- Folds for convenient storage (17" x 15" x 53")

## Unpack Your NordicTrack Sequoia, Designer or Excel

First, we suggest that you unpack your NordicTrack® ski exerciser where you intend to use it; please retain all packing material for the duration of your in-home trial period. Then, place your exerciser on a flat surface, with a protective covering between the exerciser and your flooring or carpet.

*NOTE: There should be a 1/2-inch clearance between the flywheel and the floor. When the ski exerciser is on carpeting, the flywheel may touch and damage the carpet surface. If so, move it to a flatter or uncarpeted surface.*

### Parts List:

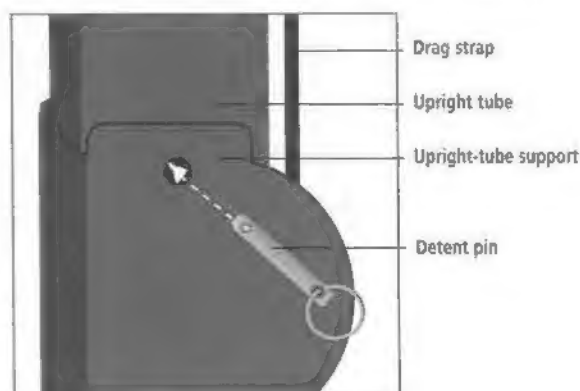
- 1 NordicTrack ski exerciser
- 2 Skis
- 1 Electronics package (optional)

## Raise the Upright Tube

1. Remove the plastic washer from the end of the detent pin that is inserted in the upright-tube support. You may discard the washer; it is only needed for shipping and will not be reattached.
2. Remove the detent pin from the upright-tube support.
3. Lift the arm-exerciser assembly up slightly so it does not catch on the front frame as you raise the upright tube.



4. Lift the upright tube until the holes at the bottom of the upright tube are aligned with the holes in the upright-tube support.
5. Insert the detent pin through the holes; the ball bearing of the pin should be in the twelve o'clock position. Be sure the end of the pin extends completely through the holes on the other side.



*NOTE: There may be some movement to the upright tube.*

## Position the Arm-Exerciser Assembly and the Hip Pad

1. Lift the arm-exerciser assembly into position. The snap buttons will lock into place to secure it. Be sure the snap buttons are fully extended and locked into position on both sides of the hip-pad slide.





2. Pivot the hip pad down as far as it will go.
3. Loosen the slide-clamp knobs on each side of the hip-pad slide.
4. Move the hip-pad slide to the desired position. The hip pad should rest at hip level, about one inch below your navel. The hip pad should be high enough so it does not restrict leg movement and low enough so it does not press against your abdomen. The height of the hip pad can be readjusted when you are ready to exercise.
5. Tighten the slide-clamp knobs to hold the hip pad in position. Make sure both knobs are secure.

## Fine-Tune the Leg Resistance

The leg resistance has been preset at our factory. Perform the following steps to fine-tune it.

1. Stand next to the ski exerciser.
2. Set the drag-strap adjuster at "1."



3. Vary the amount of drag strap threaded through the drag-strap adjuster until the drag strap is taut and the spring on the underside of the ski exerciser begins to expand.

*NOTE: Adjust the resistance to the appropriate level when you are ready to exercise.*

## Important

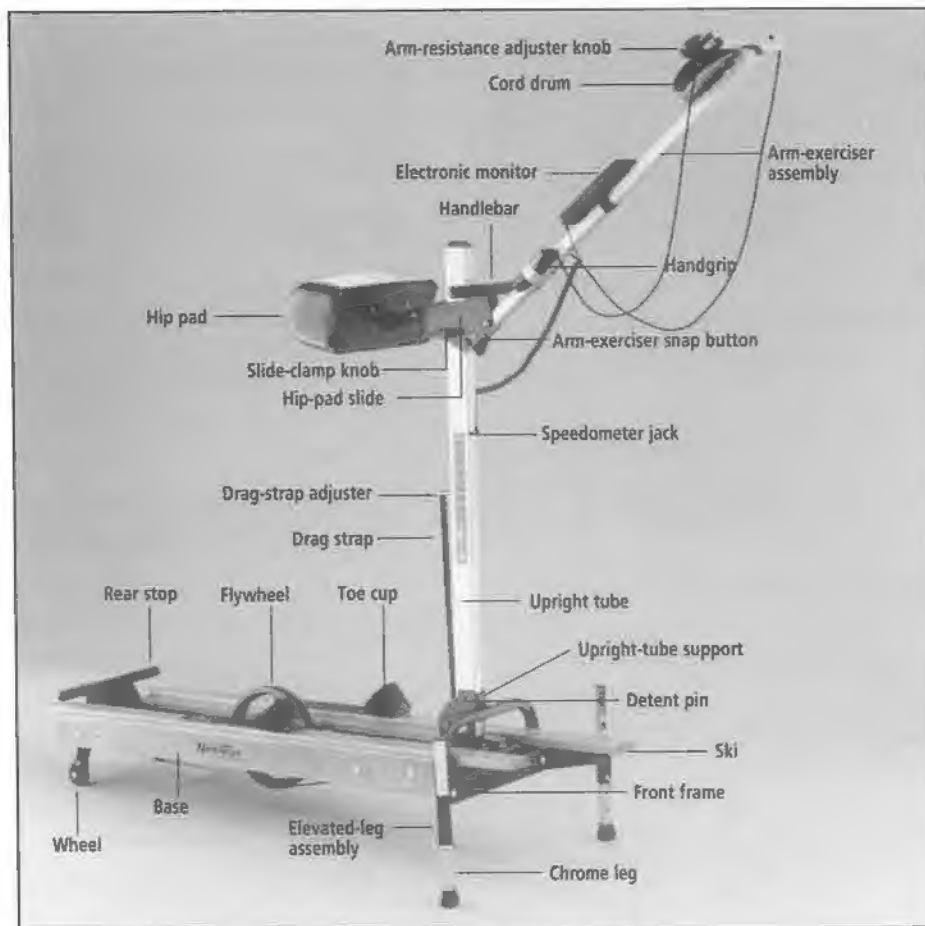
- Check to be sure the detent pin and the snap buttons are completely extended on each side of the frame.
- The glide buttons built into the sides of the skis are designed to wear down and leave a light coating on the sides of the wood. These buttons do not need to be replaced. See maintenance tips on page 42, "Care for the Wood."
- If you received electronics, please refer to the instructions within the electronics package for installation and operating directions.
- Always stand next to (not on) the ski exerciser to make any adjustments while assembling it.

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

**CAUTION:** Keep small children and pets away from the moving parts of the ski exerciser while it is in use.

**IMPORTANT:** Before you attempt to use the ski exerciser, please turn to page 24 to read how to operate and make adjustments to your ski exerciser.

# The NordicTrack Pro



## The NordicTrack Pro®

- Legendary patented flywheel and one-way clutch mechanism offer the most accurate simulation of cross-country skiing
- Solid oak and chrome-plated reinforced steel are combined to produce a high-quality, low-maintenance ski exerciser
- Medium stain and varnish for a natural, finished look
- Numbered lower-body and upper-body resistance settings let you monitor your progress and tailor your workout to your health and fitness needs
- Adjustable vinyl hip pad supports your body and allows full leg motion
- Variable front elevation offers you a more intense or varied workout by "skiing uphill"
- Electronic speedometer and chronometer measures calories burned, distance, time and speed
- Convenient handlebar support allows you to concentrate on your lower-body workout
- Wide front frame gives you extra stability
- Handy rear wheels for easy transport
- Folds for convenient storage (17" x 23" x 53")

## Unpack Your NordicTrack Pro

First, we suggest that you unpack your NordicTrack® ski exerciser where you intend to use it; please retain all packing material for the duration of your in-home trial. Then, place your exerciser on a flat surface, with a protective covering between the exerciser and your flooring or carpet.

*NOTE: There should be a 1/2-inch clearance between the flywheel and the floor. When the ski exerciser is on carpet, the flywheel may touch and damage the carpet surface. If so, move it to a flatter or uncarpeted surface, or raise the base to a higher position on the elevated-leg assembly.*

## Parts List

- 1 NordicTrack ski exerciser
- 2 Skis
- 1 Electronics package
- 1 Elevated-leg assembly (black bar)
- 2 3/8-inch bolts
- 2 Washers
- 2 Chrome legs
- 2 Easy lock pins

## Tool Provided

- 1 Flat wrench

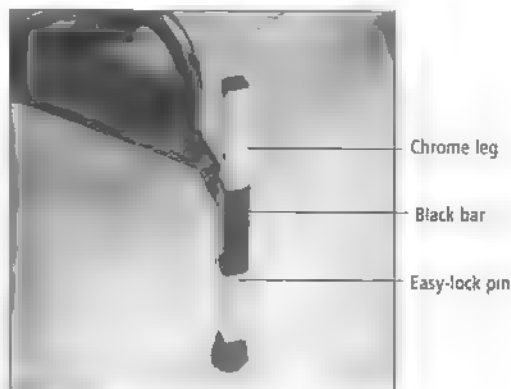
## Attach the Elevated-Leg Assembly

- 1. Remove the skis from the NordicTrack.
- 2. Lift the front end of the ski exerciser until it rests on the back end of the base. Refer to the photo in the upper-right column.
- 3. Align the holes of the elevated-leg assembly with the holes in the front frame. The ends of the black bar should angle away from the base, with the easy-lock pin holes at the bottom of the black bar.
- 4. Slide a washer onto each of the 3/8-inch bolts.

- 5. Insert the 3/8-inch bolts, with washers, into the slotted holes in the elevated leg assembly and through the threaded holes of the front frame. The bolt heads and the washers should be on the outside of the elevated-leg assembly. Use the flat wrench provided to tighten the bolts.



- 6. Slide a chrome leg into the square opening at the end of the black bar. The round rubber foot will rest on the floor. Align the second set of holes from the bottom of the chrome leg with the hole in the square opening.
- 7. Insert the straight end of an easy-lock pin completely through all of the holes. The bent end of the easy lock pin should point toward the floor. **Make sure that the easy-lock pin goes completely through the holes.** Rotate the bent side of the pin to secure it in place. Repeat this process with the other chrome leg.



- 8. Lower the ski exerciser to the floor.

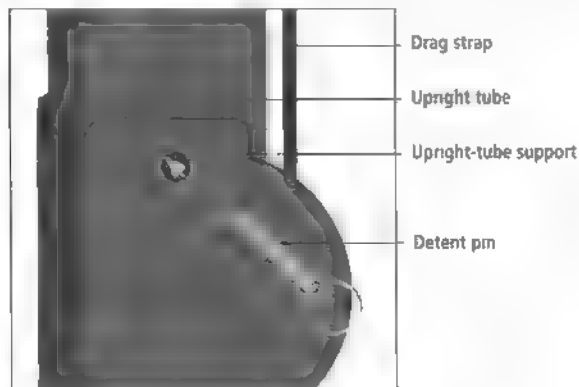
## Raise the Upright Tube

1. Remove the plastic washer from the end of the detent pin that is inserted in the upright-tube support. You may discard the washer; it is only needed for shipping and will not be reattached.
2. Remove the detent pin from the upright-tube support.
3. Lift the arm-exerciser assembly up slightly so it does not catch on the front frame as you raise the upright tube.
4. Lift the upright tube until the holes at the bottom of the upright tube are aligned with the holes in the upright-tube support.



5. Insert the detent pin through the holes, the ball bearing of the pin should be in the twelve o'clock position. Be sure the end of the pin extends completely through the holes on the other side.

NOTE: There may be some movement to the upright tube.



## Position the Arm-Exerciser Assembly and the Hip Pad

1. Lift the arm-exerciser assembly into position. The snap buttons will lock into place to secure it. Be sure the snap buttons are fully extended and locked into position on both sides of the hip-pad slide.

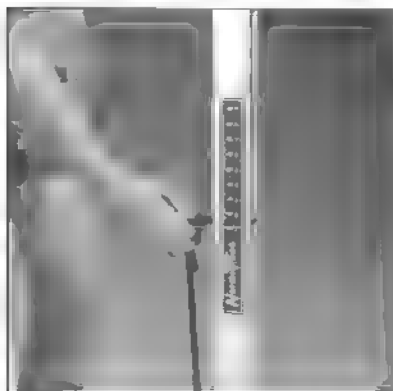


2. Pivot the hip pad down as far as it will go.
3. Loosen the slide-clamp knobs on each side of the hip-pad slide.
4. Move the hip-pad slide to the desired position. The hip pad should be high enough that it does not restrict leg movement and low enough so it does not press against your abdomen. The height of the hip pad can be readjusted when you are ready to exercise.
5. Tighten the slide-clamp knobs to hold the hip pad in position. Make sure both knobs are secure.

## Fine-Tune the Leg Resistance

The leg resistance has been preset at our factory. Perform the following steps to fine-tune it.

1. Stand next to the ski exerciser.
2. Set the drag-strap adjuster at "1."
3. Vary the amount of drag strap threaded through the drag-strap adjuster until the drag strap is taut and the spring on the underside of the ski exerciser begins to expand.



*NOTE: Adjust the resistance to the appropriate level when you are ready to exercise.*

4. Place the skis into the tracks. There is no "left" or "right" ski; they are interchangeable.

## Important

- Check to be sure the snap buttons, detent and easy-lock pins are completely extended on each side of the frame.
- The glide buttons built into the sides of the skis are designed to wear down and leave a light coating on the sides of the wood. These buttons do not need to be replaced. See maintenance tips on page 42, "Care for the Wood."
- Always stand next to (not on) the NordicTrack to make any adjustments while assembling it.

## Attach the Electronic Workout Computer

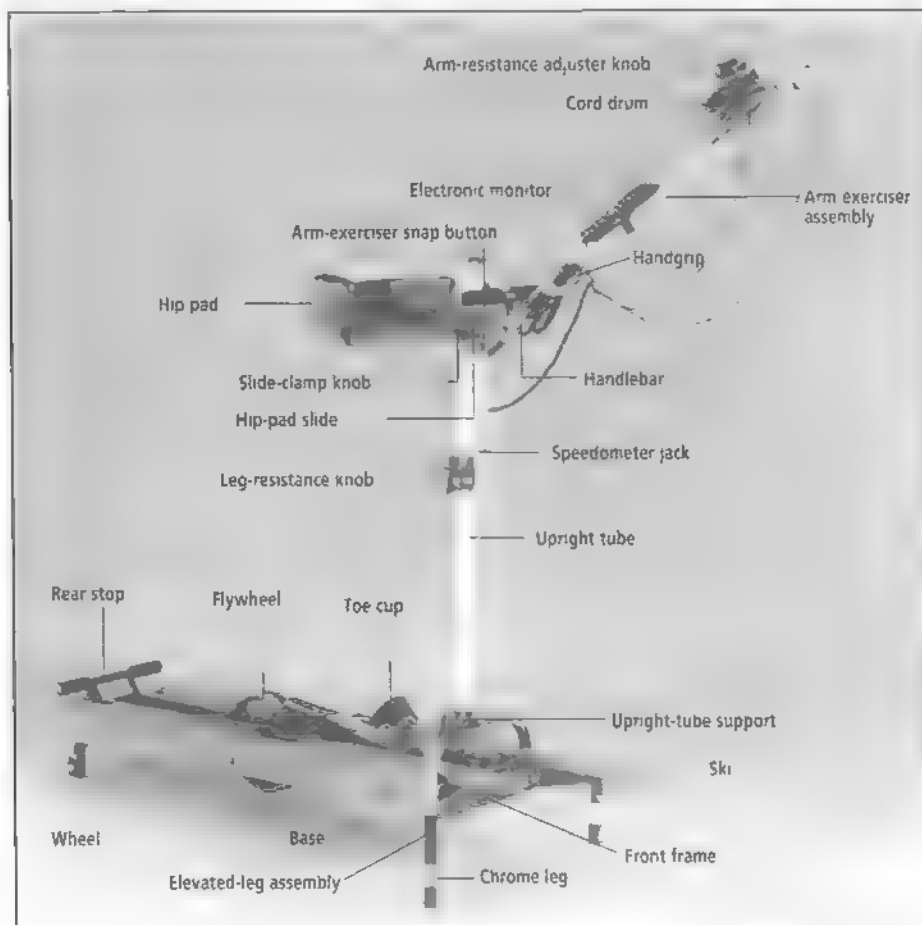
Attach the electronic workout computer as described in the instructions accompanying it.

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

**CAUTION:** Keep small children and pets away from the moving parts of the ski exerciser while it is in use.

**IMPORTANT:** Before you attempt to use the ski exerciser, please turn to page 24 to read how to operate and make adjustments to your ski exerciser.

# The NordicTrack Achiever and Medalist



*Medalist model shown*

## The Achiever®

- Solid oak and steel are combined to produce a high-quality ski exerciser
- Medium stain and varnish for a natural, finished look
- Electronic speedometer/chronometer measures distance, time, speed and calories burned

## The Medalist™

- Walnut and steel construction are combined to produce a high quality, low-maintenance exerciser
- Medium walnut stain and varnish, polished brass accents and round-tipped skis for an attractive appearance
- Electronic workout computer measures distance, time, speed, pulse rate and calories burned

## Features

- Legendary patented flywheel and one-way clutch mechanism offer the most accurate simulation of cross-country skiing
- Calibrated lower-body and patented upper-body resistance settings let you select your resistance in pounds or kilograms
- Adjustable vinyl hip pad supports your body and allows full leg motion
- Convenient handlebar support allows you to concentrate on your lower-body workout
- Protective flywheel cover for extra protection against dust and perspiration
- Adjustable front elevation offers you a more intense or varied workout by "skiing uphill"
- Handy rear wheels for easy transport
- Folds for convenient storage (17" x 23" x 53")

## Unpack Your NordicTrack Achiever and Medalist

First, we suggest that you unpack your NordicTrack® ski exerciser where you intend to use it; please retain all packing material for the duration of your in-home trial. Then, place your exerciser on a flat surface, with a protective covering between the exerciser and your flooring or carpet.

*NOTE: There should be a 1/2-inch clearance between the flywheel and the floor. When the ski exerciser is on carpet, the flywheel may touch and damage the carpet surface. If so, move it to a flatter or uncarpeted surface, or raise the base to a higher position on the elevated-leg assembly.*

## Parts List

- 1 NordicTrack ski exerciser
- 2 Skis
- 1 Electronics package
- 1 Elevated-leg assembly (black bar)
- 2 3/8-inch bolts
- 2 Washers
- 2 Chrome legs
- 2 Easy-lock pins

## Tool Provided

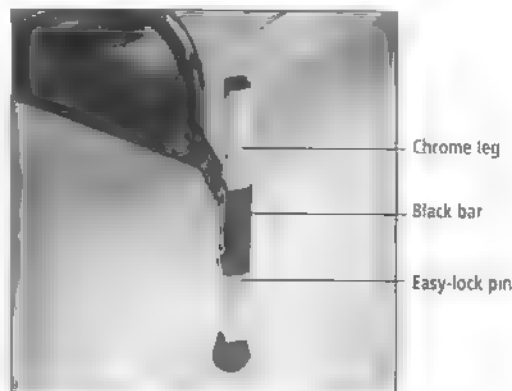
- 1 Flat wrench

## Attach the Elevated-Leg Assembly

1. Remove the skis from the NordicTrack.
2. Lift the front of the ski exerciser so it rests on the back end of the base.



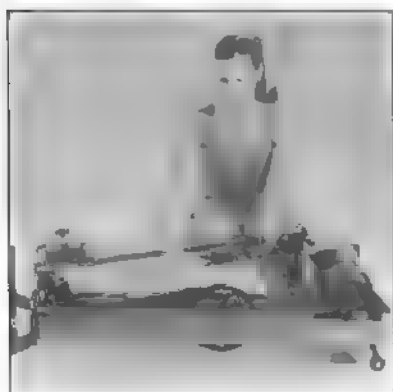
3. Align the holes of the elevated-leg assembly with the holes in the front frame. The ends of the black bar should angle away from the base, with the easy-lock pin holes at the bottom of the black bar.
4. Slide a washer onto each of the 3/8-inch bolts.
5. Insert the 3/8-inch bolts, with washers, into the slotted holes in the elevated-leg assembly and through the threaded holes of the front frame. The bolt heads and the washers should be on the outside of the elevated-leg assembly. Use the flat wrench provided to tighten the bolts.
6. Slide a chrome leg into the square opening at the end of the black bar. The round rubber foot will rest on the floor. Align the second set of holes from the bottom of the chrome leg with the holes in the square opening.
7. Insert the straight end of an easy-lock pin through all of the holes. The bent end of the easy-lock pin should point toward the floor. **Make sure that the easy-lock pin goes completely through the holes.** Rotate the bent side of the pin to secure it in place. Repeat this process with the other chrome leg.



8. Lower the ski exerciser to the floor.

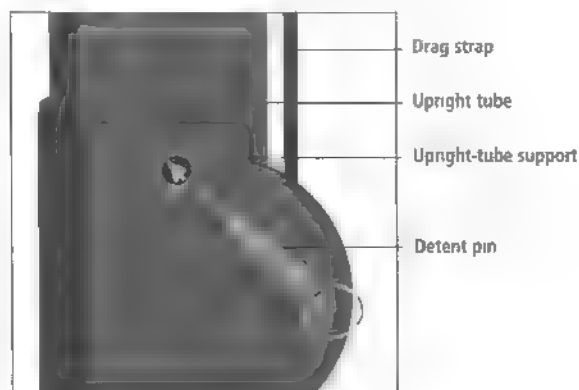
## Raise the Upright Tube

1. Remove the plastic washer from the end of the detent pin that is inserted in the upright-tube support. You may discard the washer; it is only needed for shipping and will not be reattached.
2. Remove the detent pin from the upright-tube support.
3. Lift the arm-exerciser assembly up slightly so it does not catch on the front frame as you raise the upright tube.
4. Lift the upright tube until the holes at the bottom of the upright tube are aligned with the holes in the upright-tube support.



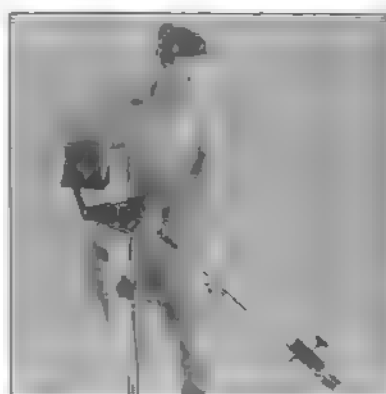
5. Insert the detent pin through the holes; the ball bearing of the pin should be in the twelve o'clock position. Be sure the end of the pin extends completely through the holes on the other side.

NOTE: *There may be some movement to the upright tube.*



## Position the Arm-Exerciser Assembly and the Hip Pad

1. Lift the arm-exerciser assembly into position. The snap buttons will lock into place to secure it. Be sure the snap buttons are fully extended and locked into position on both sides of the hip-pad slide.



2. Pivot the hip pad down as far as it will go.
3. Loosen the slide-clamp knobs on each side of the hip-pad slide.
4. Move the hip-pad slide to the desired position. The hip pad should rest at hip level, about one inch below your navel. The hip pad should be high enough so it does not restrict leg movement and low enough so it does not press against your abdomen. The height of the hip pad can be readjusted when you are ready to exercise.
5. Tighten the slide-clamp knobs to hold the hip pad in position. Make sure both knobs are secure.
6. Place the skis in the tracks. There is no "left" or "right" ski; they are interchangeable.



## Select the Leg Resistance

Step up onto the skis, holding the handlebars for support. To vary the leg resistance, move your legs and turn the calibrated leg-resistance knob on the upright post to the leg resistance desired. **You must move your legs to determine the precise resistance at which you are working.** Set the leg resistance to the level comfortable for you.

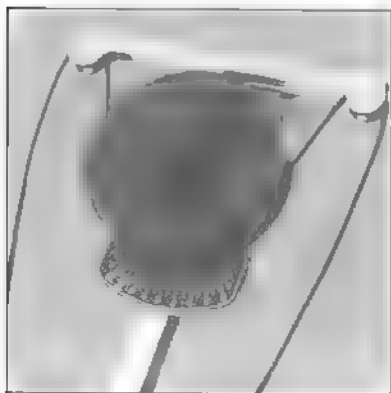
**IMPORTANT:** Before you attempt to use the ski exerciser, please turn to page 24 to read how to operate and make adjustments to your ski exerciser.



## Set the Arm Resistance

The arm resistance is measured in pounds or kilograms. Both will be displayed while you exercise.

**NOTE:** You must operate the arm-exerciser to determine the resistance at which you are working.



## Important

- Check to be sure the snap buttons, detent and easy-lock pins are completely extended on each side of the frame
- The glide buttons built into the sides of the skis are designed to wear down and leave a light coating on the sides of the wood. These buttons do not need to be replaced. See maintenance tips on page 42, "Care for the Wood."
- To vary the leg resistance, move your legs and turn the calibrated leg-resistance knob on the upright post to the desired leg resistance level

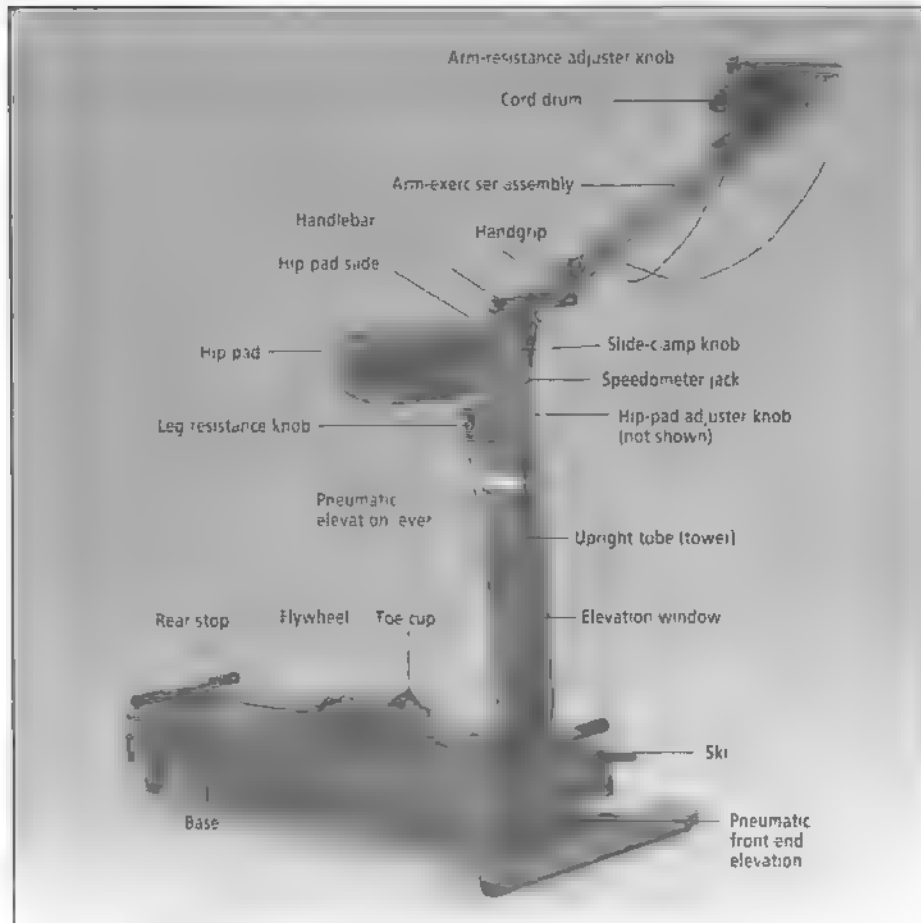
## Attach the Electronic Monitor

Attach the electronic monitor as described in the instructions accompanying it.

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

**CAUTION:** Keep small children and pets away from the moving parts of the ski exerciser while it is in use.

# The NordicTrack Elite



## The Elite®

- Legendary patented flywheel and one-way clutch mechanism offer the most accurate simulation of cross-country skiing
- Walnut wood and scratch-resistant aluminum are combined to produce a high-quality, low-maintenance exerciser
- Hand-rubbed Danish oil finish, polished brass accents and round-tipped skis for a rich, fine-furniture look
- Contoured ski handgrips and high-quality footpads enhance your workout
- Calibrated lower-body and patented upper-body resistance settings let you select your resistance in pounds or kilograms
- Quality NorTex™ hip pad adjusts vertically, as well as horizontally, to match your height, stride, and arm reach
- Pneumatic controlled elevation adjustment lets you adjust the front elevation at the touch of a finger
- Elevation window displays degree of elevation selected from level two to ten
- Electronic workout computer measures distance, time, speed, pulse rate and calories burned
- Convenient handlebar support allows you to concentrate on your lower-body workout
- Handy rear wheels for easy transport

## Unpack Your NordicTrack Elite

First, we suggest that you unpack your NordicTrack® ski exerciser where you intend to use it; please retain all packing material for the duration of your in-home trial. Then, place your exerciser on a flat surface, with a protective covering between the exerciser and your flooring or carpet.

*NOTE: There should be a 1/2-inch clearance between the flywheel and the floor. When the ski exerciser is on carpet, the flywheel may touch and damage the carpet surface. If so, move it to a flatter or uncarpeted surface, or elevate the base with the pneumatic front-end elevation.*

## Parts List

- 1 NordicTrack ski exerciser
- 2 Skis
- 1 Electronics package
- 1 Arm-exerciser assembly
- 1 1/4-inch bolt and nut
- 1 5/16-inch bolt and nut

## Tools Provided

- 1 3/16-inch Allen wrench
- 1 5/16-inch Allen wrench
- 1 Flat wrench

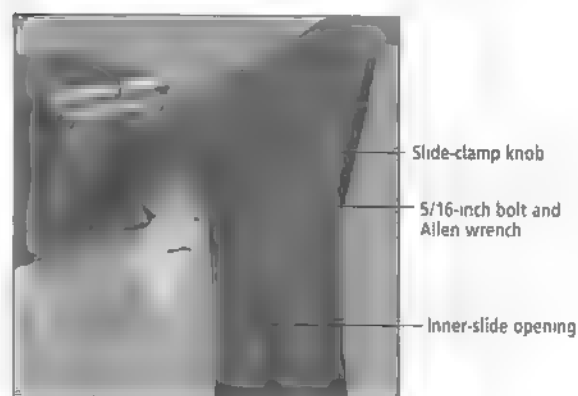
## Attach the Arm-Exerciser Assembly

*NOTE: You may wish to have another person help you attach the arm-exerciser tube to the ski exerciser.*

**CAUTION: To avoid injury, keep your fingers out of the inner-slide opening at all times. (See photo this page.)**

1. Align the rear holes of the hip-pad slide and the arm-exerciser assembly.
2. Insert the 1/4-inch bolt through the holes until it extends out the opposite side. Hold the nut head with the flat wrench. Use the 3/16-inch Allen wrench to turn the bolt. Tighten the bolt securely to prevent movement of the arm-exerciser assembly.

3. Align the front holes of the hip-pad slide and the arm-exerciser assembly.
4. Insert the 5/16-inch bolt. Tighten the bolt with the 5/16-inch Allen wrench and the flat wrench.



## Position the Hip Pad

1. The hip pad can be adjusted forward or backward by loosening the slide-clamp knobs. Position the hip pad so your body is directly over the flywheel. Tighten the knobs to hold it in place.
2. Use your right arm to support the hip pad and the arm-exerciser assembly. With your left hand, loosen the hip-pad adjuster knob on the left side of the upright tube.

**CAUTION: You must firmly support the hip pad while moving it up or down. Keep your fingers away from the opening on the inner slide of the upright tube.**

3. Slowly raise or lower the hip pad to hip level, about one inch below your navel. It should be high enough so it does not restrict leg movement and low enough so it does not press against your abdomen. The height of the hip pad can be readjusted when you are ready to exercise.
4. Tighten all of the knobs to hold the hip pad in position.

## Adjust the Pneumatic Elevation

The elevation can be changed from level two to ten. Increasing the elevation and the leg resistance will simulate skiing uphill. This option adds variety to your workout and will further develop the quadriceps muscle group in the front of your thighs. To increase the elevation, step off the ski exerciser and momentarily lift up on the pneumatic elevation lever at the right side of the upright tube. To decrease the elevation, stand next to the ski exerciser and place one foot on the front end. Lift up on the pneumatic elevation lever and use your body weight to lower the unit.



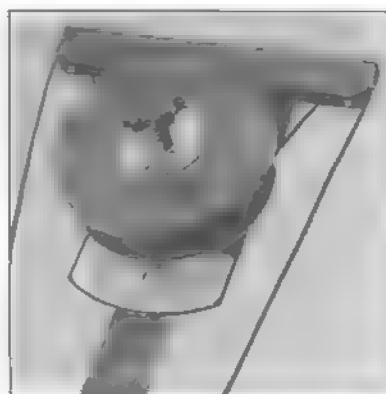
Pneumatic-elevation lever

## Select the Desired Leg and Arm Resistance

Step onto the skis while holding the handlebar for support. To vary the leg resistance, simply turn the leg-resistance knob on the upright tube and dial the desired resistance. **You must move your skis to determine the precise resistance at which you are working.** Set both the arm and leg resistance to the level comfortable for your fitness level.

The arm resistance is measured in pounds and kilograms. Turn the arm-resistance adjuster knob clockwise to increase the resistance and counter-clockwise to decrease it. You must operate the arm-exerciser to determine the precise resistance at which you are working.

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.



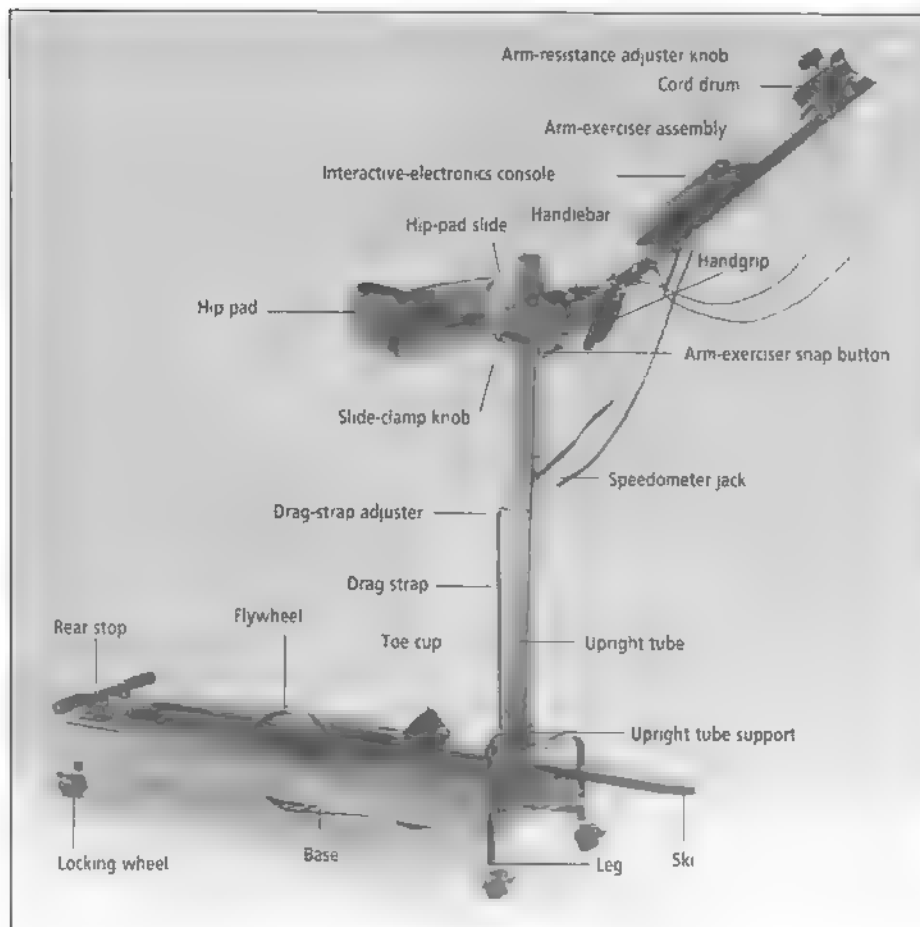
## Attach the Electronic Monitor

Attach the electronic monitor as described in the instructions accompanying it.

**CAUTION:** Keep small children and pets away from the moving parts of the ski exerciser when it is in use.

**IMPORTANT:** Before you attempt to use the ski exerciser, please turn to page 24 to read how to operate and make adjustments to your ski exerciser.

# The NordicTrack Adventurer



## The Adventurer™

- Interactive electronics feature brings the challenge and variety of outdoor cross-country skiing indoors
- Legendary patented flywheel and one-way clutch mechanism offer the most accurate simulation of cross-country skiing
- Solid pine and steel are combined to produce a high-quality, low-maintenance exerciser
- Mahogany stain for a rich look
- Numbered lower-body and adjustable upper-body resistance settings let you tailor your workout to your health and fitness needs
- Adjustable vinyl hip pad supports your body and allows full leg motion
- Electronic speedometer/chronometer measures distance, time and speed
- Handlebar support allows you to concentrate on your lower-body workout
- Four locking wheels for easy transport
- Folds for convenient storage (17" x 15" x 48")

## Unpack Your NordicTrack Adventurer

First, we suggest that you unpack your NordicTrack® ski exerciser where you intend to use it; please retain all packing material for the duration of your in-home trial. Then, place your exerciser on a flat surface, with a protective covering between the exerciser and your flooring or carpet.

*NOTE: At the lowest position, there should be a 1/2-inch clearance between the flywheel and the floor. When the ski exerciser is on carpet, the flywheel may touch and damage the carpet surface. If so, move the NordicTrack to a flatter or uncarpeted surface.*

## Parts List

- 1 NordicTrack ski exerciser
- 2 Skis
- 1 Interactive-electronics console
- 1 Electronics-console mounting bracket
- 1 Audio/video (AV) cable
- 1 Audio splitter
- 1 Coiled cable
- 1 AC adapter cord
- 1 NordicTrails™ VHS videotape

## Tools and Equipment Needed

- 1 Television
- 1 VCR (equipped with audio-out capability)
- 1 Flat screwdriver

## Raise the Upright Tube

1. Remove the plastic washer from the end of the detent pin that is inserted in the upright-tube support. You may discard the washer, it is only needed for shipping and will not be reattached.
2. Remove the detent pin from the upright-tube support.
3. Lift the arm-exerciser assembly up slightly so it does not catch on the front frame as you raise the upright tube.
4. Lift the upright tube until the holes at the bottom of the upright tube are aligned with the holes in the upright-tube support.

5. Insert the detent pin through the holes, the ball bearing of the pin should be in the twelve o'clock position. Be sure the end of the pin extends completely through the holes on the other side.

*NOTE: There may be some movement to the upright tube.*

## Position the Arm-Exerciser Assembly and the Hip Pad

1. Lift the arm-exerciser assembly into position. The snap buttons will lock into place to secure it. Be sure the snap buttons are fully extended and locked into position on both sides of the hip-pad slide.

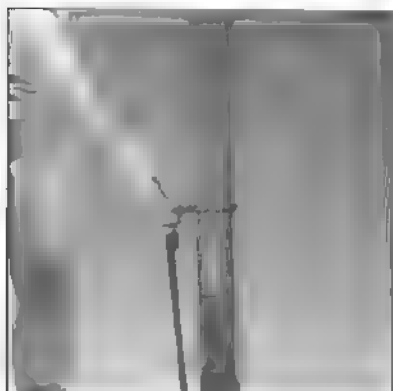


2. Pivot the hip pad down as far as it will go.
3. Loosen the slide-clamp knobs on each side of the hip-pad slide.
4. Move the hip-pad slide to the desired position. The hip pad should rest at hip level, about one inch below the navel. The pad should be high enough so it does not restrict leg movement and low enough so it does not press against your abdomen. The height of the hip pad can be readjusted when you are ready to exercise.
5. Tighten the slide-clamp knobs to hold the hip pad in position. Make sure both knobs are secure.

## Fine-Tune the Leg Resistance

The leg resistance has been preset at our factory. Perform the following steps to fine-tune it.

1. Stand next to the ski exerciser.
2. Set the drag-strap adjuster at "1".
3. Vary the amount of drag strap threaded through the drag-strap adjuster until the drag strap is taut and the spring on the underside of the ski exerciser begins to expand.



**NOTE:** *Adjust the resistance to the appropriate level when you are ready to exercise.*

When you have completed the assembly instructions, **depress the lever on each of the four wheels to secure your ski exerciser in place.** When you need to move your ski exerciser, just lift up on each lever to unlock the wheels. Always lock the wheels in place after you move your ski exerciser.

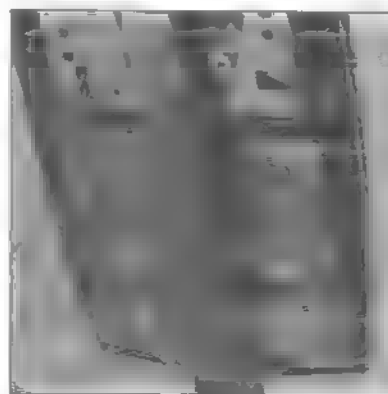
### Important

- Check to be sure the detent pin and the snap buttons are completely extended on both sides of the frame.
- The glide buttons built into the sides of the skis are designed to wear down and leave a light coating on the sides of the wood. These buttons do not need to be replaced. See maintenance tips on page 42, "Care for the Wood."
- Always stand next to the ski exerciser to make any adjustments while assembling it.

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

## Attach the Interactive-Electronics Console

1. Hold the mounting bracket onto the back of the arm-exerciser assembly.



Console

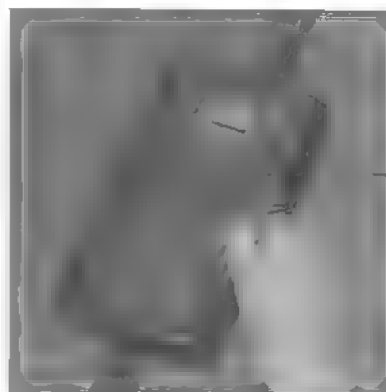
Mounting bracket

Arm-exerciser assembly

2. Place the interactive-electronics console over the bracket. The arm-exerciser assembly should be between the console and the bracket.
3. Position the interactive electronics console at a level that is comfortable to use. Fit the screws into the slots in the bracket and tighten them with a flat screwdriver.

## Install the Battery Into the Interactive-Electronics Console

1. Insert the blade of a thin, flat screwdriver into the notch at the bottom of the display face.



Display face

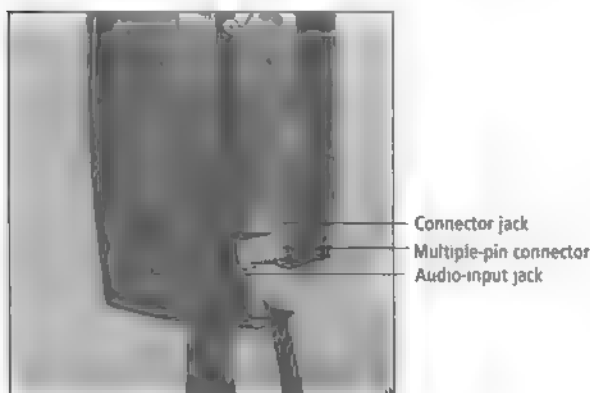
2. Turn the screwdriver one-quarter rotation to pry out the computer
3. Insert the screwdriver into the notch on the left-hand side of the computer display to pry off the face for access to the battery compartment
4. Insert one AA battery (not included) with the negative (-) end against the spring as shown in the diagram in the battery compartment.
5. Set the top end of the display case into place and snap the bottom end into place.

**NOTE:** Replace the battery if the speedometer readings begin to fade or become erratic. Remove and replace the battery as described above

**WARNING:** Do not carry batteries loose, such as in a purse or pocket. Batteries may explode or leak, causing injury if inserted improperly, misused, used with other types of batteries, disposed of in a fire or recharged.

### Plug in the Multiple-Pin Connector

With the two tabs facing down, plug the multiple-pin connector (already attached and coming from the upright tube) into the connector jack on the back of the electronics console



### Plug in the Audio and Speedometer Cables

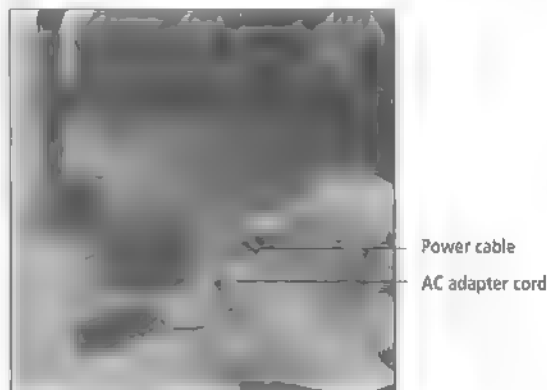
1. Insert one end of the audio cable into the audio-input jack on the back of the console.
2. Plug the other end of the audio cable into the audio-out jack on your VCR.

**NOTE:** An audio splitter is included in the parts package should you require an additional audio-out jack. If the audio-out jack is already being used, remove the cable from the audio jack and insert the audio splitter into the jack. Next, insert both the audio cable and the audio-out cable into the audio splitter

3. Attach one end of the coiled speedometer cable to the cable coming from the back of the computer.
4. Plug the other end of the coiled cable into the jack located on the front of the upright tube.

### Attach the Power Cable

1. A power cable leads from the resistance motor on the underside of the front of the ski exerciser. Connect the small end of the AC adapter cord to this power cable
2. Plug the other end of the AC adapter cord into the wall outlet.





## The Interactive-Resistance Control Panel

### Power

Used to turn the interactive-electronics console on and off.

### Function

"MAN" lets you manually control the resistance load. "AUTO" allows the computer to control the resistance load.

### Load

Press "LOAD" to adjust the resistance level when in the manual function mode. There are five levels. Push the button to increase the resistance by one level. If the resistance is at level 5, continue to push the "LOAD" button to return the resistance to level 1.

Select your leg resistance with the drag-strap adjuster on the upright tube. This serves as your regular resistance. The interactive system will then increase the resistance load from 1 up to 5 to match the terrain in the video.

**Example: if the drag-strap adjuster is set at 6, the load level on the interactive console will equal:**

- 1 = downhill skiing
- 3 = level ground skiing
- 5 = uphill skiing

## The Workout Monitor

The workout monitor measures your speed, distance, time and total distance elapsed.

### Speed

Press the red button until "S" appears. Your current speed will be displayed in kilometers per hour. (Convert kilometers to miles by multiplying the amount shown by .621.)

### Distance

Press the red button until "D" appears. Your distance travelled will be displayed in kilometers per hour. (To convert kilometers to miles, multiply the amount shown by .621.)

### Time

Press the red button until "T" appears. This shows the amount of time you have exercised.

### Odometer

Press the red button until "O" appears. This displays the total distance you have travelled over all of your workouts. The odometer data remains in the monitor, even after it is shut off. Remove and reinsert the battery to reset the odometer.

**WARNING:** *As with all electrical equipment, use caution. Keep children and pets away from the AC cord and outlet while the unit is plugged into the outlet. Always unplug the AC adapter cord from the wall when the exerciser is not in use. Precautions should be observed during handling and use to prevent electrical shock.*

If the interactive control panel is left connected to the VCR when the exerciser is not in use, the function switch must be in the "MAN" position and the power turned off. This prevents the interactive system from operating as the result of audio input from your VCR.

**CAUTION:** Keep small children and pets away from the moving parts of the ski exerciser when it is in use.

**IMPORTANT:** Before you attempt to use the ski exerciser, please turn to page 24 to read how to operate and make adjustments to your ski exerciser.

Then, put your *NordicTrails* video into the VCR and turn it on for further instruction.

# Adjusting Your NordicTrack

## Select the Leg Resistance

Refer to the appropriate section below to learn how to adjust the leg resistance for your ski exerciser.

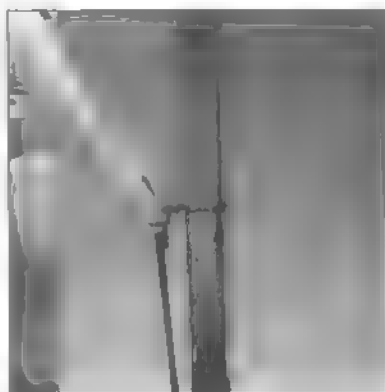
### Challenger, Sequoia, Designer, Excel, Pro and Adventurer, Models

The amount of leg resistance can easily be adjusted by moving the drag-strap adjuster on the upright tube. To increase the resistance, raise the drag-strap adjuster. Decrease the resistance by lowering the drag-strap adjuster. Use the numbered settings on the upright tube to ensure consistent levels of resistance and to track your progress. Each number on the leg resistance is equal to about 4 pounds (e.g., 1=4, 2=8, 3=12, etc.).

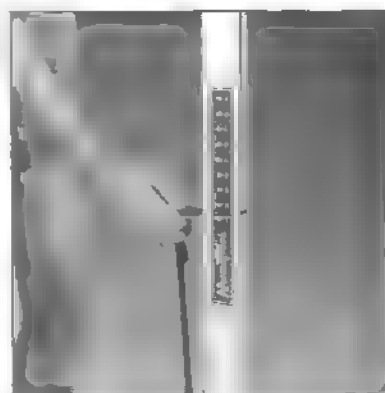
NordicTrack Adventurer™ model owners should select their base resistance with the drag strap adjuster on the upright tube. The interactive system will then increase the resistance load in a range of 1 to 5 from the setting you have chosen from the drag strap.

### Achiever, Medalist and Elite Models

To vary the leg resistance, simply turn the knob on the upright tube to the resistance desired. **You must move your legs to determine the precise resistance at which you are working. Set the leg resistance at a comfortable level for you.**



*The adjustable resistance levels for the lower body on the NordicTrack Challenger™, Sequoia™, Designer™ and Adventurer™ models.*



*The adjustable resistance levels for the lower body on the NordicTrack Excel™ and Pro™ models.*



*The adjustable resistance levels for the lower body on the NordicTrack Achiever®, Medalist®, and Elite® models.*

## Set the Arm Resistance

Refer to the appropriate section below to learn how to adjust the arm resistance for your ski exerciser.

### Challenger, Sequoia, Designer, Excel, Pro and Adventurer Models

The arm-exerciser resistance on all models can be adjusted by turning the arm-resistance adjuster knob on top of the cord drum. Turn the knob clockwise to increase the arm exerciser resistance. Turn the knob counterclockwise to decrease the arm-exerciser resistance.

**NOTE TO PRO OWNERS:** *As you turn the arm-resistance adjuster knob to increase the arm resistance, the numbered decal will protrude through the knob for viewing the resistance settings*

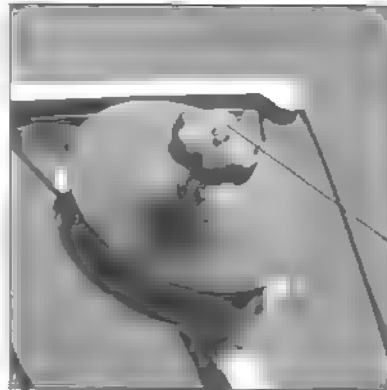
**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

### Achiever, Medalist and Elite Models

The arm-exerciser resistance on all models can be adjusted by turning the arm-resistance adjuster knob on top of the cord drum. Turn the knob clockwise to increase the arm-exerciser resistance. Turn the knob counterclockwise to decrease the arm-exerciser resistance. On the Achiever, Medalist and Elite models, the arm resistance is measured in pounds and kilograms.

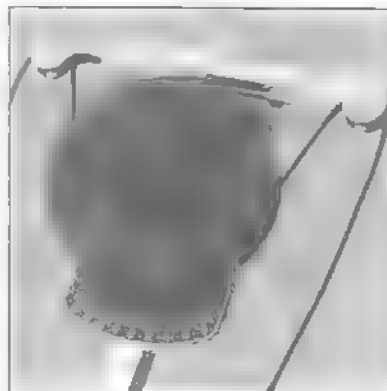
**NOTE:** *You must operate the arm exerciser to determine the resistance at which you are working*

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.



*The adjustable resistance levels for the upper body on the Pro model*

Numbered decal  
(on NordicTrack  
Pro® model only)



*The adjustable, calibrated resistance levels for the upper body on the Achiever, Medalist and Elite models*

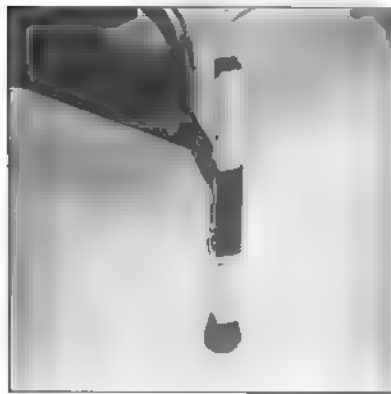
## Adjust the Arm-Exerciser Cord Length

The proper arm-cord length should allow your arms to extend just beyond your hips. The arm-cord length can be adjusted by retying the knots inside the handgrips. For greater adjustments in the cord length, one loop of the cord can be added or taken off the cord drum.

## Utilize the Adjustable Elevation Feature of the Pro, Achiever and Medalist models

The Pro, Achiever, and Medalist models offer adjustable elevation. Increasing the elevation and the leg resistance will simulate skiing uphill. This will further develop the quadriceps muscle group in the front of your thighs, elevate your heart rate more quickly and provide you with an even more intense workout.

You may select an elevation up to level ten. There is an increase of two degrees per hole.



*Adjustable elevation feature on the Pro, Achiever and Medalist models*

## Adjust the Pneumatic Elevation Feature of the Elite Model

The elevation can be changed from level two to level ten on the Elite model. Increasing the elevation and increasing the leg resistance will simulate skiing uphill. This will further develop the quadriceps muscle group in the front of your thighs, elevate your heart rate more quickly and provide you with an even more intense workout.

- To increase the elevation, step off the NordicTrack Elite® model and momentarily lift up on the pneumatic elevation lever on the right side of the upright tube.

- To decrease the elevation, stand next to the ski exerciser and place one foot on the front end. Lift up on the pneumatic elevation lever and depress the base, using your body weight to lower the unit.

**CAUTION: To avoid injury, keep your fingers out of the inner slide opening at all times.**



*Decreasing the pneumatic elevation on the Elite model*

## Ask About Our Starter Belt and Video

Ask about our starter belt if you've never used a NordicTrack or need more support while you're learning to use your ski exerciser. The starter belt is designed to hold you securely against the hip pad. To order yours today for only \$10.95, call the toll-free phone number listed on your invoice.

*NOTE: If you received a demonstration video, please view the second half for instructions on adjusting and using your NordicTrack. If you did not receive a video and would like one, call our Customer Service Department to have a video mailed to you.*

# Getting Started: Using Your NordicTrack



Please consult your physician before beginning any exercise program.

**CAUTION:** Keep small children and pets away from the moving parts of the ski exerciser when it is in use.

**IMPORTANT:** It is essential that you warm-up and stretch your muscles before exercising. See page 30 for recommended stretches.

## Start with the Leg Motion Only

1. Set the leg resistance.
  - Adventurer™, Pro®, Excel™, Designer™, Sequoia™ and Challenger™ model owners should set the drag-strap adjuster to "3" or "4" on the upright tube
  - Achiever®, Medalist™ and Elite® model owners should set their leg-resistance level, **only while in motion**, equal to eight percent of their body weight. Never force the knob

2. Adjust the elevation.

- Pro, Achiever, Medalist and Elite owners may prefer to begin with the ski exerciser in its lowest possible elevated position.

*NOTE: Make sure the flywheel is not touching the floor*

3. Adjust the hip pad to hip level.

- The hip pad should rest about one inch below your navel. It should be high enough that it does not restrict leg movement and low enough that it does not press against your abdomen. Make sure the hip pad knobs are tight; the hip pad is designed for you to push against. Do not lean over it. There may be some movement to the upright tube.

4. Hold onto the handlebars or hip pad for balance.

- Do not lean forward. Keep your weight on your feet and your back straight. **Increase the leg resistance if you slide away from the hip pad.**

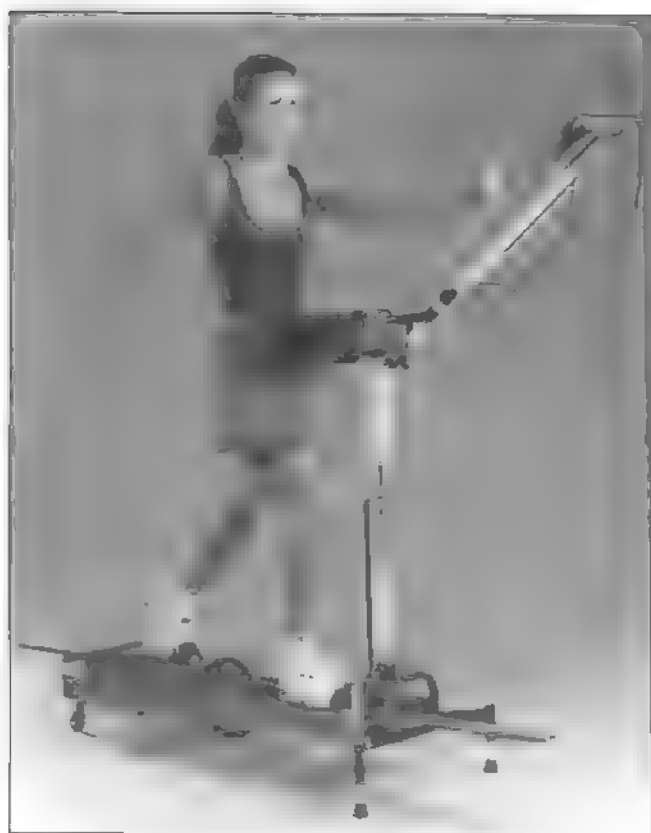
5. Begin to ski.

- Push your right foot back, then your left; do not pull your right foot forward until the left is pushing back. **Do not bring either foot in front of your body.**

Continue to move both feet in a smooth walking motion. Start with short, smooth strides. You will feel the leg resistance as you move your foot backward; the movement is similar to wiping your feet on a rug. Let your heel rise naturally at the back of your stride. Keep the balls of your feet on the skis at all times

*NOTE: There is no defined range of motion for your stride. Begin by taking short strides. Increase the leg resistance if you slide away from the hip pad. As you exercise, you may want to increase or decrease your stride depending on your comfort level*

Practice this motion for several minutes. Once it feels comfortable, move on to the section on the next page



### **Add Arm Swings to the Leg Motion**

1. Continue your leg motion.
2. Keep one hand on the handlebar or the hip pad for balance.
  - Swing the other arm at your side, as when walking, when your left leg is forward, your left arm should swing back. Repeat this same process with your other hand.
3. Swing both arms naturally.
  - Try swinging both arms when you are comfortable swinging each arm separately. A full arm swing motion allows your hands to extend just beyond your hips.

Practice this motion until it feels comfortable



### **Combine the Arm and Leg Motions**

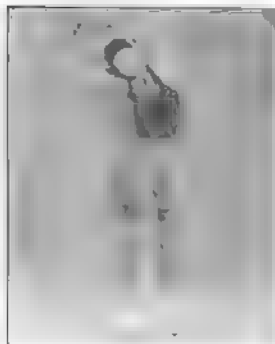
1. Set the arm resistance to a comfortable level.
2. Grasp the arm-exerciser handgrips. Continue your leg motion.
3. Pull the handgrips through your natural arm swing.
  - Your hands should extend back just beyond your hips. When your right leg is forward, your right hand should be back. And when your left leg is forward, your left hand should be back. Practice this motion until it feels comfortable to you.

Please be patient, especially if you're new to exercise. It may take a little time to learn to coordinate the cross-country skiing motion. Below are some tips to help you get started:

1. If coordinating the arm and leg motion is difficult, concentrate on the leg motion only. You can incorporate the arm motion once you feel comfortable with the leg motion. Take short, smooth strides. Do not bring your feet in front of your body until you are comfortable with the motion.
2. When you incorporate the arm motion, try to swing your arms naturally. Allow one arm to pull the other forward. Keep the arm-exerciser cord taught.
3. Keep your waist in contact with the hip pad at all times to hold back your forward motion. If you feel like you are sliding away from the hip pad, increase the leg resistance. Remember, when properly adjusted, the top of the hip pad should be about one inch below your navel.
4. Remember that the leg motion is similar to wiping your feet on a rug. Resistance is felt only as you push your feet backward, not as you pull forward. Always keep the weight of your body on the ski you are pushing backward. Avoid leaning forward. Keep your weight over your feet; your shoulders back and your head up. Find a focal point, such as the television or a picture to look at; this will help you keep your head up and your back straight.
5. Five minutes of exercise, four times per day, may be sufficient when you begin an exercise program. Slowly increase your workout time as your fitness level improves.

# Recommended Stretches

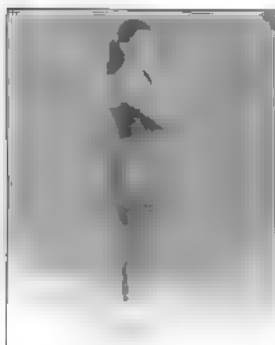
*Hold each stretch for 15 to 30 seconds without bouncing.  
Always stretch both sides of your body.*



**1) Back and Arm Stretch**  
*Cradle your elbow with your opposite hand  
Gently pull your elbow behind your head*



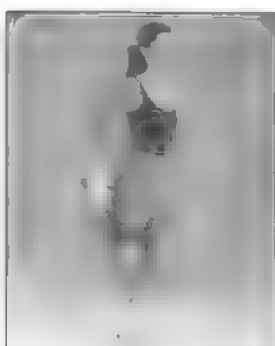
**4) Calf Stretch**  
*Extend one leg behind you; keep that heel on the floor. Lean forward using your ski exerciser or a wall to maintain your balance.*



**2) Shoulder Stretch**  
*Use your free hand to cradle your elbow  
Pull your elbow across your chest.*



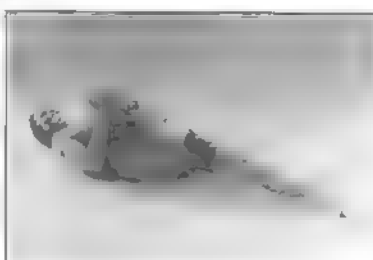
**5) Low-Back and Hamstring Stretch**  
*Position your legs as shown. Bend forward from the hips. Keep your back straight.*



**3) Quadriceps Stretch**  
*Pull your heel slowly toward your buttocks*



**6) Inner-Thigh Stretch**  
*Put the bottoms of your feet together. Press your knees toward the floor*



**7) Low-Back and Hip Stretch**  
*Lie on your back. Slowly pull one knee to your chest. Repeat with your other knee. Then, pull both knees to your chest at the same time.*

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*Please call the toll-free phone number listed on your invoice if you have any questions.*



# Exercise Tips

**Consult your physician before beginning any exercise program.**



*This section was developed by exercise physiologists at the National Exercise For Life Institute to help you maximize the use and enjoyment of your NordicTrack® ski exerciser*

## Establish Personal Goals

Finding the motivation to exercise and make positive lifestyle changes can be challenging. It is important that you set realistic, attainable goals and that you reward yourself when you meet those goals. Above all, try to make your workouts fun! Below are some examples of typical fitness goals.

- Enhanced quality of life
- Improved personal appearance
- Weight management
- Greater muscle tone and strength
- Longer, healthier life
- More energy and personal vitality
- Lower blood pressure and cholesterol levels

Your NordicTrack ski exerciser can help you achieve your fitness goals, whatever they may be.

## Exercise Progression

A comprehensive exercise program should include each of the following components:

1. Warm-up
2. Stretching
3. Aerobic conditioning
4. Cool-down
5. Strength training
6. Stretching

## 1. Warm-up

The warm up prepares your body and mind for vigorous exercise. It is your best insurance against injury and muscle soreness, which are common reasons for discontinuing an exercise program. We suggest a warm-up of two to five minutes of slow skiing on your ski exerciser.

## 2. Stretching

Stretching prepares your muscles for the activity that they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Recommended stretches are described on page 30.

## 3. Aerobic Conditioning

To create the desired improvements in personal health, aerobic conditioning must include the proper frequency, duration and intensity. We also recommend that you monitor your heart rate during your aerobic session.

### Frequency

Frequency refers to the number of workouts per week. The recommended number is three to five times per week. Exercising four to five times per week, with the proper duration and intensity, maximizes fat loss and cardiovascular development.

### Duration

Duration is the amount of time that the proper intensity level is maintained. Beginning exercisers should start with 5 to 10 minutes of aerobic activity. Those in average physical condition should exercise for 20 to 30 minutes. Highly fit people or people who want to lose weight should exercise for 30 to 60 minutes.

### Intensity

Intensity refers to how hard you exercise and is determined by monitoring your heart rate. See the following section, *Monitoring Your Heart Rate*.

## 4. Cool-Down

It is important to cool down in order to slowly decrease your heart rate after it has been elevated. This is most effectively and safely done by keeping your legs moving on the ski exerciser at a slower pace for two to five minutes following the aerobic phase.

## 5. Strength Training

A strength training program is an essential component of an exercise program. It increases your lean muscle mass, which aids in burning body fat.

## 6. Stretching

Stretching after exercise reduces muscle soreness. See *Recommended Stretches* on page 30.

## Monitoring Your Heart Rate

Monitoring your heart rate is a crucial part of any exercise program. There are three key terms to understand when monitoring your heart rate: resting heart rate, maximum heart rate and target heart rate.

### Resting Heart Rate

Take your heart rate before you begin working out. This is your resting heart rate. After you have finished your aerobic workout and cool-down, take your heart rate again. If you have cooled down properly, your heart should have nearly returned to its resting rate. It is very important that you cool down slowly in order to return to your resting heart rate. As you become more fit, your resting heart rate may actually decrease. You may also notice that your heart begins to return to its resting rate more quickly as your fitness level improves.

### Maximum Heart Rate (MHR)

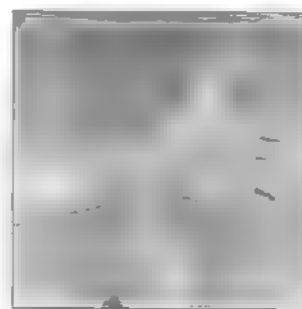
Your maximum heart rate is the maximum number of times that your heart can "pump" during a minute. To determine your approximate maximum heart rate, subtract your age (in years) from 220. This will give you a fairly accurate maximum heart rate number; however, only clinical stress testing can provide an exact MHR reading.

## Target Heart Rate

Your target heart rate is expressed as a percentage of your maximum heart rate. We recommend that you strive to exercise at 70% to 85% of your maximum heart rate. Beginning exercisers, however, may need to start out with a target heart rate of 60% to 70% of their maximum heart rate. The chart on the next page shows target heart rate ranges for beginner, intermediate and advanced exercisers. Use the chart to determine the proper target heart rate for your workouts.

We recommend that you check your heart rate at least twice during each aerobic conditioning session. First, check it during your workout to be sure that you have reached the proper intensity. Then, check it near the end of your workout to verify that you have maintained your target heart rate for the recommended period of time.

## Taking Your Heart Rate (Pulse)



Lower your wrist below your heart level; this will make your heart rate stronger and easier to feel. Touch your left wrist, one-fourth of an inch from the wrist joint at the base of your thumb, with the index and middle

fingertips of your right hand (see photo). Relax your left thumb. Turn your hand so your palm is facing up. Your right index and middle fingers should remain flat along your left wrist. Apply minimal pressure with both fingers and let the beat come to your fingers. If you can't find your pulse, try using the opposite wrist and hand.

## Target Heart Rate Ranges

Age	Beginner		Intermediate		Advanced	
	60% – 70% of MHR		70% – 80% of MHR		80% – 85% of MHR	
	10 seconds	One minute	10 seconds	One minute	10 seconds	One minute
19 and under	20 – 24	121 – 141	23 – 24	141 – 161	27 – 29	161 – 171
20 – 24	20 – 23	120 – 137	23 – 26	137 – 157	26 – 28	157 – 167
25 – 29	20 – 22	117 – 134	22 – 26	134 – 153	26 – 27	153 – 162
30 – 34	19 – 22	114 – 130	22 – 25	130 – 149	25 – 26	149 – 158
35 – 39	19 – 21	111 – 127	21 – 24	127 – 145	24 – 26	145 – 154
40 – 44	18 – 21	108 – 123	21 – 24	123 – 141	24 – 25	141 – 150
45 – 49	18 – 20	105 – 120	20 – 23	120 – 137	23 – 24	137 – 145
50 – 54	17 – 19	102 – 116	19 – 22	116 – 133	22 – 24	133 – 141
55 – 59	17 – 19	99 – 113	19 – 22	113 – 129	22 – 23	129 – 137
60 and over	16 – 19	96 – 112	19 – 21	112 – 128	21 – 23	128 – 136

Figures in this chart are rounded to the nearest whole number.

## Training Tips

1. Consult your physician before beginning any exercise program.
2. If you are taking any medication that affects your heart rate, blood pressure or cholesterol level, a physician's advice is absolutely essential.
3. Your heart rate may be affected by such things as stress, caffeine, nicotine or prescription drugs. Be very aware of your body's signals and react to them accordingly. You should be able to whistle or maintain a normal conversation while you are exercising at the appropriate intensity. While most people have a maximum heart rate close to 220 minus their age, others will have a maximum heart rate that varies greatly from that figure. A true maximum heart rate can be determined only by clinical stress testing.
4. Don't over-exert yourself. Stop exercising if you experience any unusual discomfort or signs of over-exertion. Lightheadedness, dizziness, nausea or extreme breathlessness. Other symptoms include prolonged fatigue (more than an hour), or pain of the muscles or skeletal system.
5. Commit to making exercise a part of your lifestyle. Set aside specific days and times for your workouts.
6. Make your exercise time more enjoyable. While exercising on the NordicTrack® ski exerciser, you can listen to music or a book on tape, read a book, or watch your favorite television show.
7. Always wear exercise clothing such as shorts, a T-shirt and absorbent socks. A headband will help keep perspiration out of your eyes. Wear appropriate athletic shoes.

# Essentials of Weight Management

Ideal body weight varies from person to person, depending on genetics, height and body structure. Height and weight tables that attempt to predict ideal body weight based solely on body height can be misleading.

Rather than focusing on weight alone, you should concentrate on your body composition — what percentage of your weight is coming from fat? Ideally, a man's body fat should be 15 to 20 percent of his total weight. A woman's body fat should be between 20 and 25 percent of her total body weight. Ask your personal physician for guidance in monitoring your body fat.

## **Diets alone don't work.**

There are no miracle diets that can help you lose weight. Diet plans low in calories may achieve some weight loss, but they make it hard to get all the nutrients that you need. And crash diets fail because they don't change your eating habits permanently. Proper weight management occurs with a combination of a sensible diet and aerobic exercise. That sounds simple enough, but if you have ever tried to lose weight you know that it takes motivation and determination!

## **Exercise helps you keep it off.**

Proper weight loss occurs at a rate of one to two pounds per week. Long-term success depends on proper eating habits complemented by a regular exercise routine. Exercise helps you to burn calories both during and after exercise. Aerobic exercise is one of the best types of exercise you can perform. The most effective forms of aerobic exercise are cross-country skiing, running (jogging), biking and brisk walking.

## **Watch that fat!**

Limiting the amount of fat you eat will improve your diet and your health. Fat contains more than twice as many calories per gram as protein or carbohydrates. Eliminating excess fat can help you lose weight and keep it off. The American Heart Association recommends that fat should contribute no more than 30 percent of your daily total caloric intake. (One gram of fat is equal to nine calories!)

## **Spot reduction is a myth.**

Exercising one part of your body won't take off the fat in that specific area. Only a regular program of exercise and a nutritious diet can assure you of healthy, safe and natural weight loss. The fastest way to a trim tummy or firm thighs is a regular program of total-body aerobic conditioning. Plus, you'll be pleasantly surprised when the weight comes off in other places!

## **Exercise for weight loss.**

The simplest way to look at weight management is to view it as a mathematical equation. The calories you expend (through exercise and other daily activities) should be slightly higher than the calories you intake (through the food you eat). Aerobic exercise is an effective way to burn calories fast — both during the workout and after. The ideal program for weight management is to exercise aerobically three to five times per week, for 20 to 60 minutes, at an exercise intensity of 60% to 85% of your maximum heart rate. Participating in a strength-training program on an every-other-day basis can also supplement weight management.

## **Make exercise a way of life.**

The "yo-yo" cycle of weight loss is not only stressful mentally, but also takes its toll on the heart. In the long run, the only way to stay healthy is to make exercise a way of life. Instead of thinking of exercise as a chore, think of it as a way to jump start your morning or as your time to unwind. Ironically, when people feel they are too busy or too stressed out to exercise is exactly when they need it the most.

# Workout Programs

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Consult your physician before beginning any exercise program.

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The programs recommended here are progressive. They are meant to assist you in getting the most from your NordicTrack® ski exerciser and are designed for your convenience. A consultation with your physician is recommended to determine your physical condition and select the appropriate conditioning program.

## Program 1: Beginner Conditioning Program

Recommended Frequency	Three to Four times per week
Exercise Duration	20 to 30 minutes*
Exercise Intensity	60% to 70% of MHR**

This program typically lasts four to six weeks. Emphasis should be placed on avoiding muscle soreness, injury, discomfort and discouragement. We recommend that you begin your exercise program conservatively and progress gradually. Move on to Program 2 when you feel ready and your heart rate has moved below the target heart rate zone for building fitness.

\* When you begin an exercise program, five to ten minutes of exercise may be sufficient. Slowly increase your workout time as your body can handle more exercise. If you need rest periods, take them to prevent overexertion. Do not be concerned if you can only exercise for five to ten minutes while you are learning.

\*\* Estimated Maximum Heart Rate (MHR) =  $220 - \text{Age}$   
Target Heart Rate Zone:  $\text{MHR} \times .60$  to  $\text{MHR} \times .70$

## Program 2: Intermediate Conditioning Program

Recommended Frequency	Three to Five times per week
Exercise Duration	30 to 60 minutes*
Exercise Intensity	70% to 80% of MHR**

This program usually lasts 12 to 20 weeks. Move to Program 3 when you feel ready and your heart rate has moved below the target heart rate zone for building fitness.

\* To receive and maintain the benefits of aerobic exercise, a minimum of 20 minutes per session is needed. If weight loss is your goal, four to five sessions of exercise for 30 to 60 minutes, along with a sensible eating plan is recommended.

\*\* Estimated Maximum Heart Rate (MHR) =  $220 - \text{Age}$   
Target Heart Rate Zone:  $\text{MHR} \times .70$  to  $\text{MHR} \times .80$

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■ NordicTrack Challenger™, Sequoia™ Designer™, Excel™, Pro® and Adventurer™ ski exerciser owners should begin with the leg resistance set at level "2 1/2" or "3." Once you feel you have achieved proper form and are comfortable using your NordicTrack, you may wish to adjust the leg resistance accordingly.

■ NordicTrack Achiever™, Medalist™ and Elite® ski exerciser owners will want to set their leg resistance at 10 to 12 pounds. Once you feel you have achieved proper form and are comfortable using your NordicTrack ski exerciser, you may wish to adjust the leg resistance accordingly.

### Program 3: Maintenance Conditioning Program

Recommended Frequency	Three to Five times per week
Exercise Duration	20 to 30 minutes*
Exercise Intensity	80% to 85% of MHR**

Begin this program once your desired fitness level is achieved. It is usually reached six months after training was first started and should continue on a regular, long-term basis.

\*To receive and maintain the benefits of aerobic exercise a minimum of 20 minutes per session is needed. If weight loss is your goal, four to five sessions of exercise for 30 to 60 minutes, along with a sensible eating plan, is recommended

\*\*Estimated Maximum Heart Rate (MHR) =  $220 - \text{Age}$   
Target Heart Rate Zone:  $\text{MHR} \times .80$  to  $\text{MHR} \times .85$

### Program Modification

Interval training has been shown to promote higher levels of aerobic conditioning. Interval training consists of periods of high intensity activity followed by rest intervals when you ski at a lower intensity. This combination is to be repeated five to 20 times.

For example, one minute of higher resistance and faster speed, followed by a two to three minute rest period of "skiing" slowly with light resistance. The duration of exercise and rest periods should be based on how you feel rather than time.

### Estimating Calories Burned On the Pro, Adventurer, Excel, Designer, Sequoia and Challenger Ski Exercisers

The leg resistance levels on the following charts relate to the numbers 1 through 9 on your drag-strap guide.

100 Pound Person

SPEED ►		4	6	8	10	12	15	20
LEG RESISTANCE	9	12	13.5	14.5	16.5	18	20	24
	8	11	12.25	13.5	15.25	17	19	23
	7	9.5	11	12.5	14	15.5	18	21.5
	6	8.5	10	11.5	13	14.5	16.5	20.5
	5	7.5	9	10.5	12	13.5	15.5	19.5
	4	—	7.75	9.25	10.75	12.5	14.5	18
	3	—	—	8	9.5	11	13.5	17
	2	—	—	7	8.5	10	12.5	16
	1	—	—	—	7.5	9	11	15

Calories Burned Per Minute

125 Pound Person

SPEED ►		4	6	8	10	12	15	20
LEG RESISTANCE	9	13	14.5	16	17.5	19	21	25
	8	12	13.25	14.75	16.25	18	20	24
	7	10.5	12	13.5	15	16.5	19	22.5
	6	9.5	11	12.5	14	15.5	18	21.5
	5	8.5	10	11.5	13	14.5	16.5	20.5
	4	7.5	8.75	10.5	11.75	13.5	15.5	19.5
	3	—	7.5	9	10.5	12.25	14.5	18.25
	2	—	—	8	9.5	11	13.5	17
	1	—	—	7	8.5	10	12	16

Calories Burned Per Minute

150 Pound Person

LEG RESISTANCE	9	10	11	12	13	14	15	16
9	14	15.5	17	18.5	20	22	24	26
8	12.75	14.25	16	17.25	19	21	23	25
7	11.5	13	14.5	16.25	17.75	20	22.5	23.75
6	10.5	12	13.5	15	16.5	19	21.5	22.5
5	9.5	11	12.5	14	15.5	17.75	20.5	21.5
4	8.25	9.75	11.5	12.75	14.25	16.5	19	20.5
3	7.25	8.5	10	11.5	13.25	15.5	18.25	19.25
2	6	7.5	9	10.5	12	14.5	17	18
1	5	6.5	8	9.5	11	13.5	16	17

Calories Burned Per Minute

250 Pound Person

LEG RESISTANCE	9	10	11	12	13	14	15	16
9	18	19.5	21	22.5	24	26.25	28	30
8	16.75	18.5	20	21.5	23	25	27	29
7	15.75	17	18.5	20.25	21.5	24	26	28
6	14.5	16	17.5	19	20.5	23	25.5	26.5
5	13.5	15	16.5	18	19.5	22	24.5	25.5
4	12.5	14	15.5	17	18.5	20.5	23	24.5
3	11.25	12.75	14.25	16	17.25	19.5	22.5	23.5
2	10	11.5	13	14.5	16	18.5	21.5	22.25
1	9	10.5	12	13.5	15	17.25	20	21

Calories Burned Per Minute

200 Pound Person

LEG RESISTANCE	9	10	11	12	13	14	15	16
9	16	17.5	18.5	20.5	22	24.25	26	28
8	14.75	16.25	17.5	19.5	20.75	23	25	27
7	13.5	15	16.5	18	19.75	22	24.5	25.75
6	12.5	14	15.5	17	18.5	21	23	24.5
5	11.5	13	14.5	16	17.5	19.75	22.5	23.5
4	10.25	11.75	13.5	14.75	16.5	18.5	21	22.5
3	9.25	10.5	12.25	13.75	15.25	17.5	20	21.5
2	8	9.5	11	12.5	14	16.5	19	20
1	7	8.5	10	11.5	13	15.5	18	19

Calories Burned Per Minute

300 Pound Person

LEG RESISTANCE	9	10	11	12	13	14	15	16
9	20	21.5	23	24.5	26	28	30	32
8	19	20.5	22	23.5	25	27	29	31
7	17.5	19.25	20.75	22.25	24	26	28	30
6	16.5	18	19.5	21	22.5	25	27.5	28.75
5	15.5	17	18.5	20	21.5	24	26.5	27.75
4	14.5	16	17.5	19	20.5	22.5	25	26.5
3	13	15	16.25	18	19.25	21.5	24	25.5
2	12	13.5	15	16.5	18	20.5	23	24.25
1	11	12.5	14	15.5	17	19.5	22	23

Calories Burned Per Minute

NOTE: These charts are based on working out, on a NordicTrack ski exerciser, in your target heart rate zone. Please note that calorie burn information provided by your workout computer may differ from these charts. The computer reading is based on an average; the charts are based on more specific information. **Remember, these charts are estimates only, as individual calorie burn may vary.**

## Estimating Calories Burned On the Achiever, Medalist and Elite Ski Exercisers

These charts are based on working out, on a NordicTrack ski exerciser, in your target heart rate zone

100 Pound Person

LEG RESISTANCE	SPEED → 5 10 15 20 25 30 35 40							
	5	10	15	20	25	30	35	40
30	10	11.5	13.25	14.75	16.25	18.5	22.25	
20	7.5	8.75	10.5	12	13.5	15.75	19.5	
15	-	7.5	9	10.5	12	14.25	18	
10	-	-	7.5	9	10.5	13	16.75	
5	-	-	-	7.75	9.25	11.5	15.25	

Calories Burned Per Minute

200 Pound Person

LEG RESISTANCE	SPEED → 5 10 15 20 25 30 35 40							
	5	10	15	20	25	30	35	40
30	14.25	15.75	17.25	18.75	20.25	22.5	26.25	
20	11.5	13	14.5	16	17.5	19.75	23.5	
15	10	11.5	13	14.5	16	18.25	22.25	
10	8.5	10	11.5	13.25	14.75	17	21.75	
5	7.25	8.75	10.25	11.75	13.25	15.5	19.5	

Calories Burned Per Minute

125 Pound Person

LEG RESISTANCE	SPEED → 5 10 15 20 25 30 35 40							
	5	10	15	20	25	30	35	40
30	11	12.5	14	16	17	19.5	23	
20	8.5	10	11.5	13	14.5	16.5	20.5	
15	7	8.5	10	11.5	13	15.5	19	
10	-	7	8.5	10	11.5	14	17.5	
5	-	-	7	8.5	10	12.5	16.5	

Calories Burned Per Minute

250 Pound Person

LEG RESISTANCE	SPEED → 5 10 15 20 25 30 35 40							
	5	10	15	20	25	30	35	40
30	16.25	17.75	19.25	20.75	22.25	24.5	28.25	
20	13.5	15	16.5	18	19.5	21.75	25.5	
15	12	13.5	15	16.5	18	20.5	24.25	
10	10.5	12.25	13.75	15	16.75	19	22.75	
5	9.25	10.75	12.25	13.75	15.25	17.5	21.25	

Calories Burned Per Minute

150 Pound Person

LEG RESISTANCE	SPEED → 5 10 15 20 25 30 35 40							
	5	10	15	20	25	30	35	40
30	12.25	13.75	15.25	16.75	18.25	20.5	24.25	
20	9.5	11	12.5	14	15.5	17.75	21.5	
15	8	9.5	11	12.5	14	16.25	20	
10	-	8	9.5	11	12.5	15	18.75	
5	-	-	8.25	9.75	11.25	13.5	17.25	

Calories Burned Per Minute

300 Pound Person

LEG RESISTANCE	SPEED → 5 10 15 20 25 30 35 40							
	5	10	15	20	25	30	35	40
30	18.25	19.75	21.25	22.75	24.25	26.5	30.5	
20	15.5	17	18.5	20	21.5	23.75	27.5	
15	14	15.5	17	18.5	20	22.5	26.25	
10	12.25	14	15.75	17.25	18.75	21	24.75	
5	11.25	12.75	14.25	15.75	17.25	19.5	23.5	

Calories Burned Per Minute

NOTE: These charts are based on working out, on a NordicTrack ski exerciser, in your target heart rate zone. Please note that calorie burn information provided by your workout computer may differ from these charts. The computer reading is based on an average; the charts are based on more specific information. **Remember, these charts are estimates only, as individual calorie burn may vary.**



## Workout Log

*We recommend photocopying this page before using it.*

\_\_\_\_\_ Maximum Heart Rate (220 - your age = Maximum Heart Rate)

\_\_\_\_\_ Low end of Target Heart Rate Zone (Maximum Heart Rate x .60)

\_\_\_\_\_ High end of Target Heart Rate Zone (Maximum Heart Rate  $\times$  .85)

[illegible]

NOTE: Refer to pages 32-33 for heart rate information.

# Folding Your NordicTrack For Storage

NordicTrack Challenger™, Sequoia™, Designer™ Excel™, Pro™, Achiever™, Medalist™ and Adventurer™ exerciser owners should refer to this section for folding instructions for their ski exerciser. Elite™ model owners should refer to the section on the next page.

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

Loosen the leg resistance completely before storing your NordicTrack® ski exerciser. Remove any accessories before folding your exerciser. For long-term storage of more than 30 days we recommend the following:

- Remove the batteries from the electronics monitor.
- Remove the drag strap from the flywheel.
- Lightly coat the groove of the flywheel with a light household oil to protect the metal from corrosion.

**IMPORTANT:** Never place oil on the drag strap. Only the flywheel should be oiled and then cleaned before the drag strap is reattached. Do not place the drag strap onto the oiled flywheel.

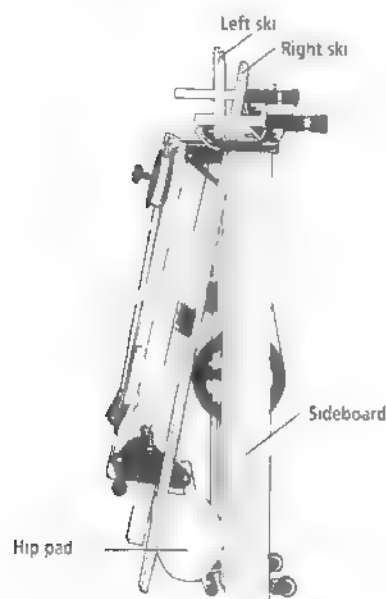


Figure 1

1. Loosen the two slide-clamp knobs on the hip pad.
2. Move the hip-pad slide so the top is about seven inches below the top of the upright tube. Retighten both the slide-clamp knobs and pivot the hip pad upward.
3. Support the arm-exerciser assembly with one hand. Use the other hand to depress the two snap buttons. Lower the arm-exerciser assembly until it rests against the upright tube.
4. Hold the upright tube with one hand. Remove the detent pin from the upright tube. Lower the upright tube until it rests on the base. The hip pad should just touch the top of the skis.

**NOTE:** To move your NordicTrack ski exerciser or store it on end, continue with the following steps:

5. Move the right ski forward until you can position the back of the ski on top of the hip pad. See Figure 1.
6. Locate the hole on the front left side of the right ski. Locate the pivot bolt at the bottom of the upright tube; we recommend that you soap or wax the pivot bolt threads. Then, engage this hole with the end of the pivot bolt at the bottom of the upright tube. The left ski should remain in its track with the back side resting under the hip pad.
- Lift the ski exerciser by its front legs into a vertical position. Stand it on the ends of the side boards and on the end of the right ski to form a tripod. If the hip pad interferes with the proper positioning, refer back to steps 1 and 2.

**CAUTION:** Before assembling your NordicTrack ski exerciser again, be sure to remove the ski from the pivot bolt.

Upon removal from storage, clean the flywheel with rubbing alcohol. Reroute the drag strap after cleaning the flywheel. See Figures 4, 5 and 6 and the instructions on pages 43 and 44.

# Folding Your NordicTrack Elite For Storage

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

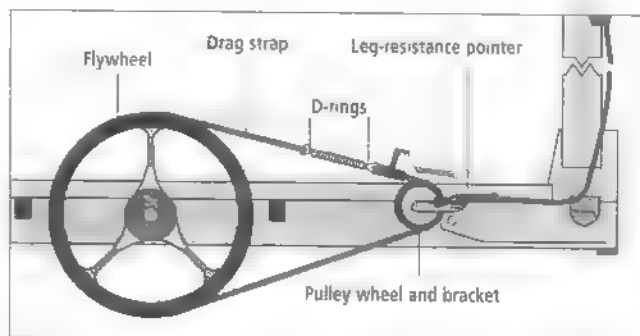
The arm-exerciser assembly of your NordicTrack Elite® model is designed to fold forward for long-term storage.

- 1 Remove the bolt nearest the hip pad with the 3/16-inch Allen wrench and the flat wrench. Support the arm-exerciser assembly with your arm or shoulder while you remove the bolt.
- 2 Allow the arm-exerciser assembly to come down and rest against the upright tube.
- 3 Place the bolt and nut back in the arm-exerciser assembly for storage.

**CAUTION:** To avoid injury, keep fingers out of the inner slide opening at all times.

For long-term storage, remove the drag strap from the flywheel. Lightly coat the groove of the flywheel with a light household oil to protect the metal from corrosion. **Do not place the drag strap back onto the oiled flywheel.**

Upon removal from storage, clean the flywheel with rubbing alcohol. Reroute the drag strap after cleaning the flywheel. Refer to Figure 1 below.



**Figure 1**

*Drag-strap routing for the NordicTrack Elite*

# Maintenance of Your NordicTrack

NordicTrack Challenger™, Sequoia™, Designer™, Excel™, Pro®, Achiever®, Adventurer™ and Medalist™ exerciser owners should refer to this section for maintenance instructions for their ski exerciser. Elite® model owners should refer to the section on page 47. Please apply the following maintenance tips to help keep your NordicTrack® ski exerciser performing at its best.

## Routine Care

Wipe your NordicTrack with a clean, dry cloth after each workout to remove perspiration and dirt.

## Care for the Wood

Wipe the wood with a clean, dry cloth to remove perspiration and dirt after each use. Use any wood furniture polish or wax to protect the wood finish and prevent drying.

The bottoms of the skis may become marked from contact with the drive rollers. Wipe them with a clean, dry cloth. Mineral spirits will lift stubborn marks. For a smooth glide while skiing, carefully rub paraffin wax only on the sides of the skis. NEVER polish or wax the bottoms of the skis. The glide buttons built into the sides of the skis are designed to wear down and leave a light coating on the sides of the wood. These buttons do not need to be replaced.

## Care for the Chrome and Black Metal Surfaces

Any household window cleaner may be used to clean the chrome and black metal surfaces after each use.

## Lubricate the Brake Pad

The leather brake pad on your arm exerciser has been oiled to allow for quiet, smooth braking action. However, the pad will require reoiling if it dries due to its surroundings. We recommend inspecting the brake pad every three months.

1. Place a cloth or a piece of plastic underneath the ski exerciser to protect your floor.

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

2. Remove the arm-resistance adjuster knob, spring, and bearing assembly from the cord drum (Figure 1, 2 or 3). Inspect the bearing. Lightly oil the bearing if it is not greasy.

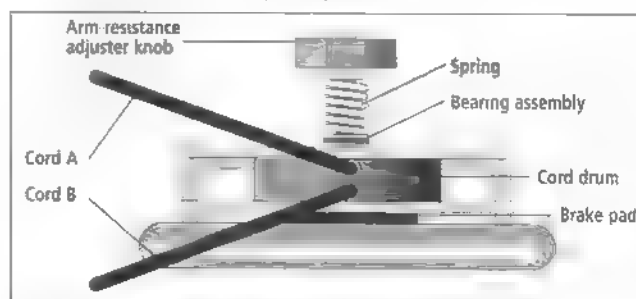


Figure 1

*Cord drum for the Challenger*

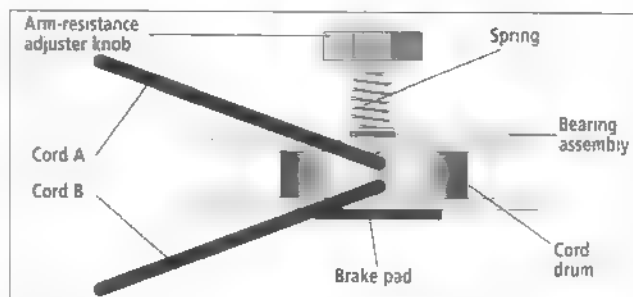


Figure 2

*Cord drum for the Sequoia, Designer, Excel, Pro and Adventurer models*

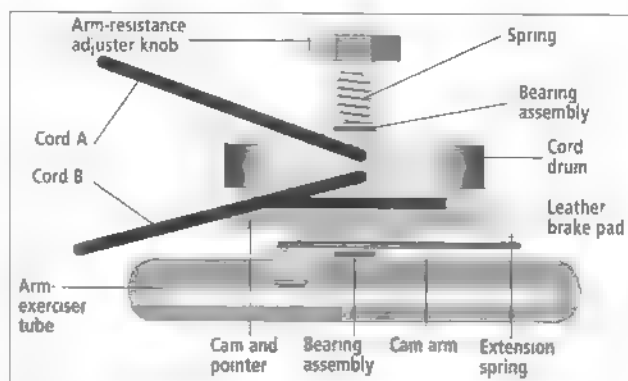


Figure 3

*Cord drum for the Achiever and Medalist models*

3. Lift the cord drum and roughen the surface of the leather-brake pad with 100-grit sandpaper or a file.
4. Inspect the bottom of the cord drum. If the plate has grooves worn into it, remove the four screws and use the other side. Replace and tighten the four screws.
5. Spread one to two drops of light household oil on the brake pad. **DO NOT OVER-OIL!** Excess oil may spray out when the cord drum is spinning. Let the oil absorb overnight. The cord drum may rest on the brake pad; do not replace the arm-resistance knob, spring or bearing assembly at this time.
6. Wipe any excess oil away from the area around the pad. Replace the bearing assembly, spring, and knob previously removed from the cord-drum assembly.
7. Replace the arm-resistance knob, spring, and bearing assembly.

## Care for the Drag Strap and Flywheel

Drag strap and flywheel maintenance should be performed once a month at the same time. Follow the steps below.

### Remove the Drag Strap

1. Place a cloth or a piece of plastic underneath the ski exerciser to protect your floor.
2. Set your leg resistance to the lowest setting.
3. Note the way the drag strap is routed around the flywheel. Remove it by disconnecting the ends of the drag strap.

### Clean the Drag Strap

Use a dry brush to remove any gummy residue from the drag strap. **NEVER** wash the drag strap.

## Inspect the Flywheel

1. Wipe the surface of the flywheel with a clean cloth dampened with rubbing alcohol.
2. Check the groove of the flywheel for any rust or corrosion.
3. Use fine to very fine steel wool to spot rub any rust or corrosion. Clean the entire flywheel with steel wool if necessary.
4. Wipe the flywheel with a clean, dry cloth to remove any residue. **NEVER place oil between the drag strap and flywheel.** This will damage the drag strap.
5. Check the tightness of the nuts on the right side of the flywheel U-bolt. Tighten them evenly with a wrench if necessary.

**CAUTION: Do not over-tighten the nuts; this can break the U-bolt.**

## Replace the Drag Strap on the Challenger, Sequoia, Designer, Excel, Pro and Adventurer Models

Reroute and reattach the drag strap according to Figure 4. If the drag strap is slightly frayed, reverse it to extend wear. If you need to replace your drag strap, call the toll-free phone number listed on your purchase invoice.

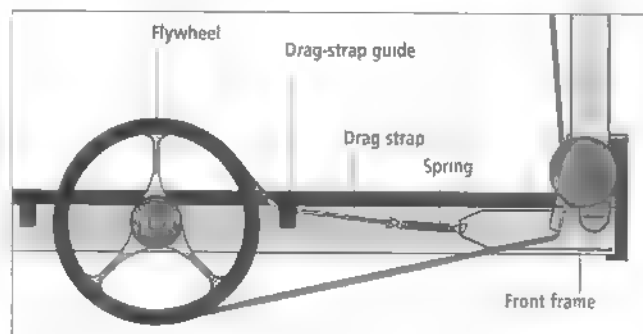
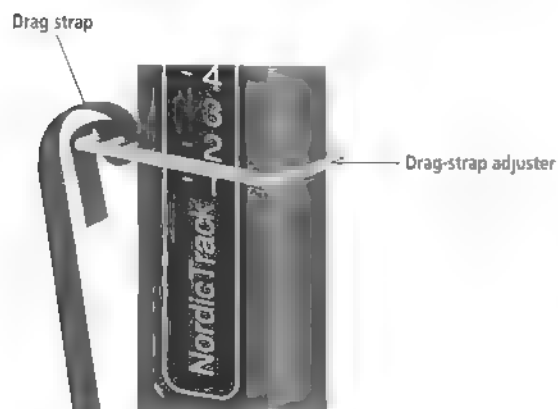


Figure 4

1. Route the end of the drag strap through the drag-strap adjuster as shown in Figure 5.

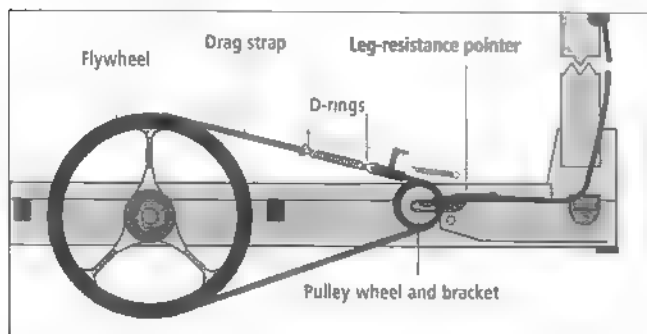


**Figure 5**

2. Set the drag-strap adjuster to "1."
3. Vary the amount of drag strap threaded through the drag-strap adjuster. The drag strap should be just taut, and the spring on the underside of the ski exerciser just starting to expend

## Replace the Drag Strap on the Achiever and Medalist Models

Reroute and reattach the drag strap according to Figure 6. If the drag strap is slightly frayed, reverse it to extend wear. If you need to replace your drag strap, please call the toll-free phone number on your purchase invoice

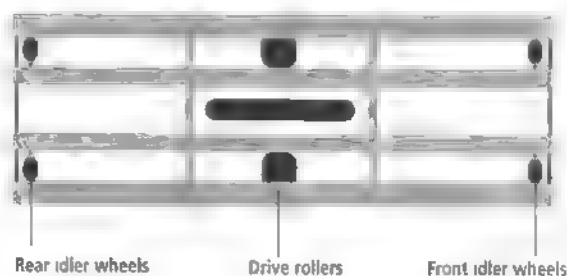


**Figure 6**

*Achiever® and Medalist™ exerciser owners should follow the drag-strap routing diagram to reinstall the drag strap*

## General Lubrication

A drop of light household oil may occasionally be needed on the axle of the front and rear idler wheels, if they begin to squeak. However, the drive rollers are internally lubricated and should NOT be oiled. See Figure 7 below.



**Figure 7**

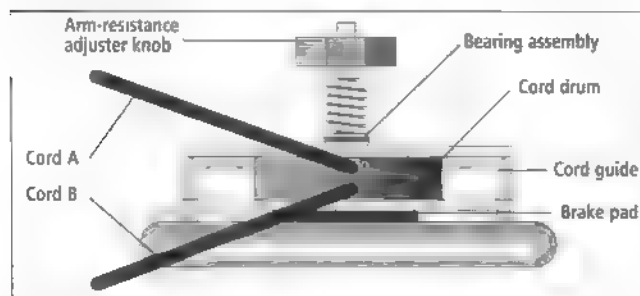
*Position of the front and rear idler wheels and drive rollers*

1. Place a cloth or a piece of plastic underneath the ski exerciser to protect your floor
2. Put a drop of light household oil on the side of each idler wheel, and then spin each wheel

## Rewind the Arm-Exerciser Cord on the Challenger

*Follow these steps if your cord becomes tangled or unwound on the NordicTrack® Challenger™ model (Figure 8)*

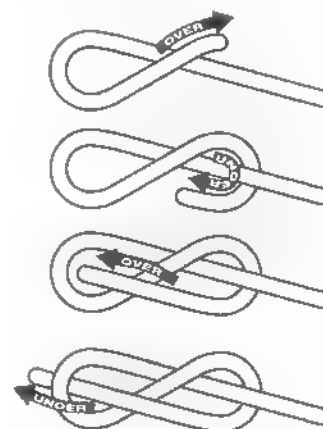
1. Detach the handgrips by untying the knot and removing the washer inside the handgrips.
2. Remove the arm-resistance adjuster knob, spring-and-bearing assembly by turning the knob clockwise until it comes off.
3. Take the cord out of the cord guide.
4. Unwrap the cord from the cord drum. Turn the cord drum until the cord exits from the drum toward the rear of the ski exerciser. Make sure that the ends of the cord are even.
5. Locate cord "A." Wrap it counterclockwise around the cord drum until you have no more cord to wind. Do not be concerned if it looks tangled; it will smooth out later.
6. Pass cord "A" from the top of the cord drum through the cord guide on the left side of the cord drum. Pull on cord "A" until cord "B" is wrapped around the drum (you may need to guide cord "B" into the groove of the cord drum)



**Figure 8**

*Cord drum for the Challenger*

7. Feed the end of cord "B" through the cord guide on the right side of the cord drum. Pull on cord "B" until the ends are even and the cord lies smoothly.
8. To reattach the handgrips, thread each cord through the hole in the handgrip from the tip to the inside of the grips. Next, slip a washer onto the cord and tie a knot near the cord end to secure it. A figure-eight knot works best. See Figure 9.



**Figure 9**

*Figure-eight knot*



9. Place the bearing assembly on top of the cord drum. Make sure the bearing is between the two washers. Put the spring on top of the bearing assembly. Screw on the arm-resistance adjuster knob.

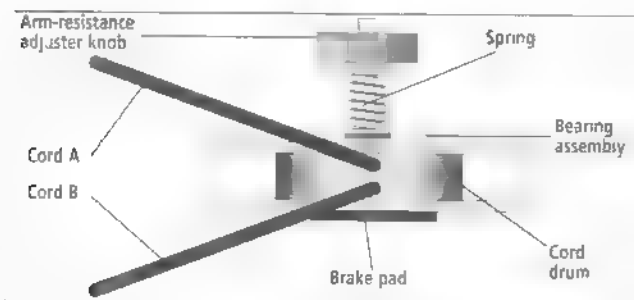
**NOTE:** The arm-cord length can be adjusted by retying the knots inside the handgrips. For greater adjustments in the cord length, one loop of cord can be added or taken off the cord drum. Proper arm-cord length allows your arms to extend just beyond your hips.

## Rewind the Arm-Exerciser Cord on the NordicTrack Sequoia, Designer, Excel, Pro, Adventurer, Achiever or Medalist

*Follow these steps if the cord becomes tangled or unwound on your NordicTrack Sequoia™, Designer™, Excel™, Pro™, Adventurer™, Achiever™ or Medalist™ model (Figure 10 or 11)*

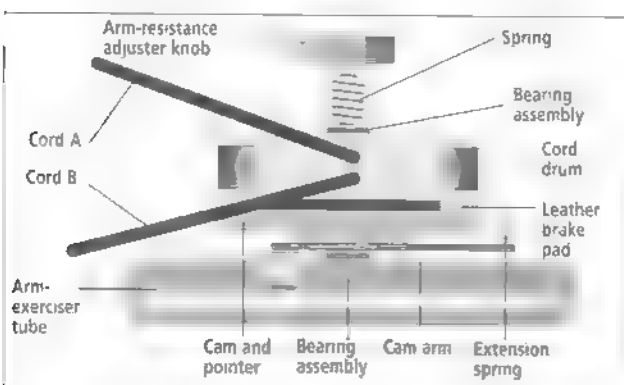
**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

1. Detach the handgrips by untying the knot and removing the washer inside the handgrips.
2. Take the cord out of the pulleys and unwind it from the cord drum. Notice how it goes into the drum.



**Figure 10**

*Cord drum for the Sequoia, Designer, Excel, Pro and Adventurer models*



**Figure 11**

*Cord drum for the Achiever and Medalist models*

3. Drape both ends of the cord over the hip pad. Make sure the ends of the cords are even.
4. Locate cord "A." Wrap it counterclockwise around the cord drum until you have no more cord to wind. Do not be concerned if it looks tangled; it will smooth out later.
5. Pass the same end of cord "A" from left to right through the right pulley. Pull cord "A" to wrap the other section of the cord (cord "B") around the drum.
6. Feed the end of cord "B" through the left pulley from right to left. Pull cord "B" until the end of the cord is even with cord "A."
- With a cord end in each hand, work the arm exerciser back and forth until the cord lies smoothly.
8. To reattach the handgrips, thread the cord through the hole in the handgrip from top to inside. Slip a washer on the cord and tie a figure-eight knot near the cord end to secure the handgrip. See Figure 12.



**Figure 12**

*Figure-eight knot*

**NOTE:** The arm-cord length can be adjusted by retying the knots inside the handgrips. For greater adjustments in the cord length, one loop of cord can be added to or removed from the cord drum. Proper arm-cord length allows your arms to extend just beyond your hips.



# Maintenance of Your NordicTrack Elite

Please apply the following tips to help keep your NordicTrack Elite® exerciser performing at its best.

**CAUTION:** To avoid injury, keep your fingers out of the inner slide opening at all times.

## Care for the Wood

Wipe your ski exerciser with a clean, dry cloth after each workout to remove perspiration and dirt. If you wish to periodically re-oil the wood to preserve its rich luster follow the steps below. Danish Oil Finish — Natural is available at most paint or hardware stores. Follow the manufacturer's instructions for application and clean up. If you have waxed the wood, the wax will have to be removed with mineral spirits or paint thinner before oil can be applied.

**NOTE.** Only the top sides of the skis should be oiled. NEVER oil the bottoms of the skis. Do not set the skis onto the exerciser until the oil has completely dried. The oil will make the drive rollers slippery. Touch up scratches or dents by applying Danish oil finish in Natural to the damaged area in the same manner.

1. Apply oil with a sponge or soft cloth. Wait 10 minutes and buff the wood with a soft, dry cloth. Allow eight hours for the oil to dry.
2. Apply any wood furniture polish or wax to protect the finish and prevent drying. Take care not to get any polish or wax on the bottom or sides of the skis or on the wheels.
3. Wipe the bottom of the skis with a clean, dry cloth or lift heavier marks with mineral spirits. Carefully rub paraffin wax ONLY on the sides of the skis for a smooth glide. NEVER polish or wax the bottoms of the skis.

## Care for the Aluminum

Use any household window cleaner to clean the aluminum after each use.

## Care for the Brass Hardware

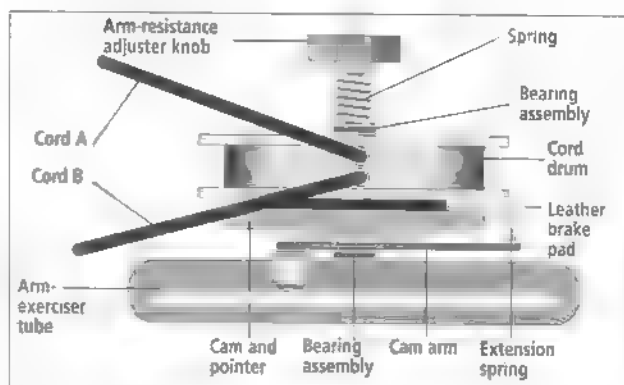
Wipe the brass hardware with a clean, dry cloth to keep it in good condition.

## Lubricate the Brake Pad

The leather brake pad on the arm exerciser has been oiled to keep it soft and to allow for a quiet, smooth braking action. The pad may occasionally require re-oiling due to surrounding conditions. We recommend inspecting the brake pad every three months.

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

1. Place a cloth or a piece of plastic underneath the ski exerciser to protect your floor.
2. Remove the arm-resistance adjuster knob, spring, and bearing assembly from the cord drum (Figure 1). Inspect the bearing. Lightly oil the bearing if it is not greasy.



**Figure 1**  
Cord drum for the Elite

3. Lift the cord drum and roughen the surface of the leather brake pad with 100-grit sandpaper. Spread one to two drops of light household oil on the pad. The cord drum may rest on the brake pad; do not replace the arm-resistance knob, spring or bearing assembly at this time. Let the oil absorb overnight.
4. Inspect the bottom of the cord drum. If the plate has grooves worn into it, remove the four screws and use the other side. Replace and tighten the four screws.
5. Wipe any excess oil away from the area around the pad. Replace the bearing assembly, spring and knob previously removed from the cord drum. **DO NOT OVER-OIL!** Excess oil may spray out when the cord drum is spinning.

## Care for the Drag Strap and Flywheel

Drag strap and flywheel maintenance should be performed once a month at the same time. Follow the steps below

### Remove the Drag Strap

1. Place a cloth or a piece of plastic underneath the ski exerciser to protect your floor.
2. Set your leg resistance to the lowest setting
3. Note the way the drag strap is routed around the flywheel. Remove it by disconnecting the ends of the drag strap

### Clean the Drag Strap

Use a dry brush to remove any gummy residue from the drag strap. NEVER wash the drag strap.

### Inspect the Flywheel

1. Wipe the surface of the flywheel with a clean cloth dampened with rubbing alcohol
2. Check the groove of the flywheel for any rust or corrosion.
3. Use fine to very fine steel wool to spot rub any rust or corrosion. Clean the entire flywheel with steel wool if necessary.
4. Wipe the flywheel with a clean, dry cloth to remove any residue. NEVER place oil between the drag strap and flywheel. This would damage the drag strap.
5. Check the tightness of the nuts on the right side of the flywheel U-bolt. Tighten them evenly with a wrench if necessary

## Replace the Drag Strap

Reroute and reattach the drag strap according to Figure 2. If the drag strap is slightly frayed, reverse it to extend wear. If you need to replace your drag strap, please call the toll-free phone number on your purchase invoice.

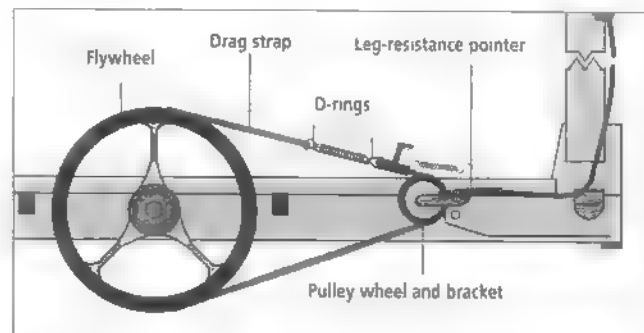


Figure 2

*Drag-strap routing of the NordicTrack Elite*

## General Lubrication

A drop of light household oil may occasionally be needed on the axle of the front and rear idler wheels. However, the drive rollers are internally lubricated and should NOT be oiled. See Figure 3.

1. Put a cloth or a piece of plastic underneath the ski exerciser to protect your floor.
2. Place a drop of light household oil on the side of each idler wheel and spin the wheels

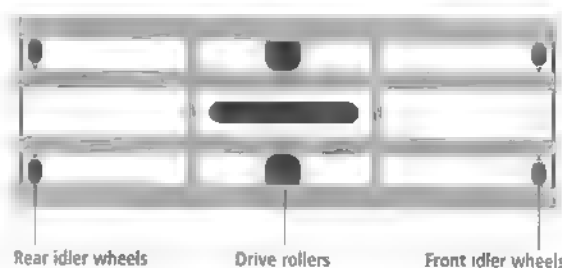


Figure 3

*Position of front and rear idler wheels and drive rollers*

## Rewind the Arm-Exerciser Cord

Follow these steps if the arm-exerciser cord becomes tangled or unwound on the Elite model. See Figure 4.

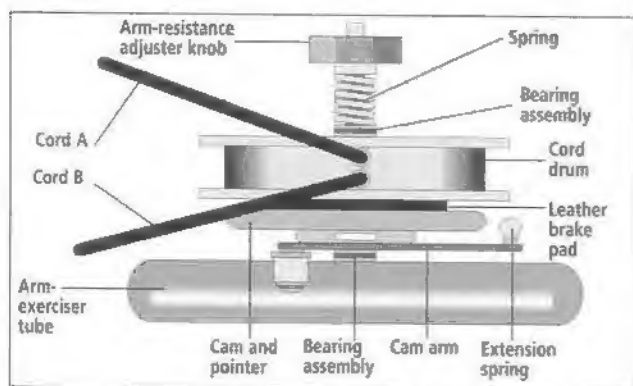


Figure 4

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

1. Detach the handgrips by untying the knot and removing the washers inside the handgrips.
2. Take the cord out of the pulleys and unwind it from the drum. Notice how it goes into the cord drum.
3. Drape both ends of the cord over the hip pad. Make sure both ends of the cords are even.
4. Take cord "A" from the top hole and wrap it around the drum counterclockwise until there is no more cord to wind. Do not be concerned if it looks tangled; it will smooth out later.
5. Pass the same end of cord "A" from left to right through the right pulley. Pull cord "A" until the drum will no longer turn. This will wrap the other section of the cord (cord "B") around the drum.

6. Feed the end of cord "B" through the left pulley from right to left. Pull cord "B" until the end is even with cord "A".
7. With a cord end in each hand, work the arm-exerciser back and forth until the cord lies smoothly.
8. To reattach the handgrips, thread the cord through the hole in the handgrip from top to inside. Slip a washer on the cord and tie a figure-eight knot near the cord end to secure the handgrip. See Figure 5.

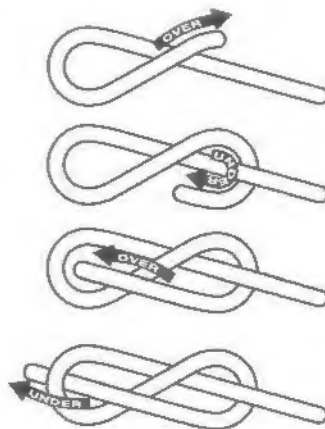


Figure 5

Figure-eight knot



**NOTE:** The arm-cord length can be adjusted by retying the knots inside the handgrips. For greater adjustments in the cord length, one loop of cord can be added or taken from the cord drum. Proper arm-cord length allows your arms to extend just beyond your hips.

**Please call the toll-free phone number listed on your invoice if you have any questions.**

# Troubleshooting Your NordicTrack

Under normal, regular wear conditions, these parts on your NordicTrack® ski exerciser may need periodic attention.

**Please call the toll-free phone number listed on your purchase invoice if you have any questions.**

## IF...

## THEN...

The arm-exerciser cord is fraying.

- Check your NordicTrack for burrs around the cord guide located in these areas:  
Challenger™—just before the cord drum. Sequoia™, Designer™, Excel™, Pro™, Achiever™, Medalist™ Elite™ and Adventurer™—on the pulley assembly.
- Replace the arm-exerciser cord if necessary.

The arm-exerciser assembly is chattering, making a screeching sound or the arm-resistance knob loosens.

- Check the order of the cord-drum assembly. Confirm that all parts are present. The assembly from the cord drum to the knob should be as follows: flat washer, bearing washer, flat washer, spring and arm-resistance adjuster knob.
- Roughen the surface of the brake pad with 100-grit sandpaper. Oil the leather brake pad with one to two drops of light household oil. Spread the oil over the brake pad.
- Oil the washer, bearing and washer assembly if needed.

The flywheel and/or the drag-strap assembly offer no resistance.

- Check the routing of the drag strap.
- Make sure the flywheel is tight. Remove the plastic cap from the flywheel. Evenly tighten the two nuts located on the right side of the flywheel u-bolt.

The base idler wheels are squeaking or sticking.

- Slide the idler wheel to one side. Place one drop of light household oil onto the axle next to the idler wheel.
- Slide the idler wheel to the other side and repeat the process above. This process may be performed on all four of the wheels. However, do not perform this process on the drive rollers.

The skis are slipping.

- Wipe off any excess oil.
- Clean the bottom of the skis with a dry cloth or a small amount of mineral spirits or paint thinner.
- Make sure that the flywheel is tight. Remove the plastic cap from the flywheel. Evenly tighten the two nuts located on the right side of the flywheel.

# Customer Information

## **We're Just a Toll-Free Phone Call Away**

We're available to answer any of your questions regarding the assembly, use or maintenance of your equipment. Please call our Customer Service Department at the toll-free phone number printed on your invoice. Customer Service Department Hours:

Monday through Friday 6 a.m. to 11 p.m.

Saturday 8 a.m. to 4:30 p.m.

Sunday 9 a.m. to 4:30 p.m.

Central Standard Time

## **30-Day In-Home Trial — Your Satisfaction Guaranteed**

We have total confidence in the quality and performance of NordicTrack fitness products. Once you try them, we're sure you'll join the ranks of millions of satisfied customers. Should any of the products fall short of your expectations before the end of your 30-day in-home trial, please contact the Customer Service Department at the toll-free phone number on your invoice to discuss product exchanges and returns.

## **Two-Year Limited Warranty**

NordicTrack, Inc., will for two (2) years from the date of purchase of a NordicTrack® ski exerciser, repair or replace at its factory any part that may prove to be defective due to materials or workmanship under in-home, normal use. The customer's only responsibility is for the parts that wear out. (Electronics and other items purchased separately carry their own warranty coverage.) Please note that the commercial or institutional use of an in-home, wooden model NordicTrack ski exerciser will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit (if within the customer's control), acts of nature, customer-made alterations, vandalism, misuse, abuse, improper maintenance, unreasonable care or other causes not arising from defects in materials and workmanship, including normal wear and tear. NordicTrack, Inc., reserves the right to make changes and improvements to the NordicTrack ski exerciser without incurring any obligations to make similar alterations to previously purchased NordicTrack ski exercisers. This warranty is applicable to sales made only by NordicTrack, Inc., and Nordic Advantage, Inc., a retail distributor of NordicTrack products. This warranty is transferrable within the first two years: \$19.95 U.S. and \$24.95 Canada.

To transfer a warranty or obtain service under this warranty, contact our Customer Service Department at the toll-free phone number on your invoice. ALL SHIPPING COSTS FOR THE NORDICTRACK SKI EXERCISER AND ACCESSORIES ARE THE RESPONSIBILITY OF THE PURCHASER. C.O.D. SHIPMENTS WILL NOT BE ACCEPTED. No implied warranty of merchantability or fitness for a particular purpose shall extend beyond two years from the date of purchase. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty, shall be limited to the repair or replacement of defective parts within two years of the date of purchase. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusions or limitations of incidental or consequential damages, so the above limited exclusions may not apply to you. This warranty gives you specific rights, and you may also have other rights which vary from state to state.

### **90-Day Limited Warranty (Customers outside of the U.S. and Canada)**

NordicTrack, Inc., will for 90 days from the date of delivery of an exerciser or electronics, repair or replace any part which may prove to be defective in materials or workmanship. This warranty does not cover damage resulting from mishandling in transit (if within the customer's control), vandalism, misuse, abuse, acts of nature, customer-made alterations, improper maintenance, unreasonable care, normal wear or other causes not arising from defects in materials or workmanship. NordicTrack, Inc., reserves the rights to make changes and improvements to the exerciser without incurring any obligations to make similar alterations to previously purchased exercisers. This warranty is applicable to sales made only by NordicTrack, Inc., or Nordic Advantage, Inc., distributors of NordicTrack products.

To obtain service under this warranty, notify our Customer Service Department at the phone number printed on your invoice to receive authorization. Once you receive authorization, repack your exerciser as directed; be sure to include proof of purchase and a brief statement describing the defect with your product in the box. All shipping costs to return the product and accessories are the responsibility of the purchaser. C.O.D. shipments will not be accepted.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond 90 days from the date of delivery. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of parts within 90 days from the date of delivery. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. This warranty gives you specific rights. The laws for each country may vary.

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We regret that the in-home trial, with return privileges, is not extended to customers outside of the United States and Canada.